



CLASS TIMETABLE

JANUARY 2025



MON	WAKE-UP WORKOUT 06.35 - 07.20 FITNESS TEAM STUDIO 1 & 2	PULSE PUMP 09.15 - 10.00 FITNESS TEAM STUDIO 1 & 2	AQUA AEROBICS 09.30 - 10.15 GILLIAN POOL	AQUA AEROBICS 10.30 - 11.15 GILLIAN POOL	YOGA 10.05 - 11.05 SEI STUDIO 1 & 2	STUDIO CYCLE 12.15 - 12.45 KATE SPIN STUDIO	FITNESS PILATES 12.50 - 13.35 KATE STUDIO 1 & 2		STUDIO CYCLE 18.15 - 19.15 KAT H SPIN STUDIO	KETTLEBELL 18.15 - 19.15 FITNESS TEAM STUDIO 1 & 2	YOGA 19.00 - 20.30 SEI STUDIO 3	PULSE PUMP 19.15 - 20.15 FITNESS TEAM STUDIO 1 & 2	AQUA AEROBICS 19.30 - 20.15 GILLIAN POOL
TUES	STUDIO CYCLE 06.35 - 07.20 RONALDO SPIN STUDIO	CIRCUITS 09.15 - 10.00 FITNESS TEAM STUDIO 1 & 2	AQUA AEROBICS 09.15 - 10.00 CLARE POOL	AQUA AEROBICS 10.15 - 11.00 CLARE POOL	YOGA 11.00 - 12.00 YVONNE STUDIO 1 & 2		CYCLE STRONG 18.15 - 19.00 KIRSTY SPIN STUDIO	AEROBICS 18.30 - 19.15 SHELLEY STUDIO 1 & 2	PILATES 18.30 - 19.30 MIRIAM STUDIO 3	STUDIO CYCLE 19.30 - 20.15 RONALDO SPIN STUDIO	ZUMBA 19.30 - 20.30 MARIA STUDIO 1 & 2	AQUA AEROBICS 19.35 - 20.20 SASHA POOL	YOGA 19.35 - 20.35 YVONNE STUDIO 3
WED	STUDIO CYCLE 06.35 - 07.20 FITNESS TEAM SPIN STUDIO	PILATES 09.00 - 09.45 SARAH STUDIO 1 & 2	LEGS, BUMS & TUMS 10.15 - 11.00 FITNESS TEAM STUDIO 1 & 2	AQUA AEROBICS 10.00 - 10.45 GILLIAN POOL	AQUA AEROBICS 11.00 - 11.45 GILLIAN POOL				STUDIO CYCLE 18.15 - 19.00 KAT H SPIN STUDIO	STEP 18.15 - 19.15 KAT L STUDIO 1 & 2	YOGA & MEDITATION 19.30 - 21.00 LAUREN STUDIO 3	PIYO 19.30 - 20.30 KAT L STUDIO 1 & 2	
THURS	LEGS, BUMS & TUMS 06.35 - 07.20 FITNESS TEAM STUDIO 1 & 2	STUDIO CYCLE 09.15 - 10.00 FITNESS TEAM SPIN STUDIO	AQUA AEROBICS 09.30 - 10.15 SARAH POOL	BODY CONDITIONING 10.45 - 11.30 SARAH STUDIO 1 & 2				PULSE PUMP 18.15 - 19.00 JODIE STUDIO	AQUA AEROBICS 18.15 - 19.00 GILLIAN POOL	STUDIO CYCLE 19.00 - 19.45 KAT H SPIN STUDIO	PILATES 19.00 - 20.00 YVONNE STUDIO 3	LEGS, BUMS & TUMS 19.15 - 20.00 FITNESS TEAM STUDIO 1 & 2	ZUMBA 20.15 - 21.15 RAMONA STUDIO 1 & 2
FRI	CIRCUITS 06.35 - 07.20 FITNESS TEAM STUDIO 1 & 2	PULSE PUMP 09.05 - 09.45 KATE STUDIO 1 & 2	FITNESS PILATES 09.55 - 10.40 KATE STUDIO 1 & 2	AQUA AEROBICS 10.45 - 11.30 SARAH POOL	PILATES 11.45 - 12.30 SARAH STUDIO 1 & 2			STUDIO CYCLE 18.15 - 19.15 KAT H SPIN STUDIO	YOGA 19.00 - 20.00 JULIA STUDIO 1 & 2				
SAT	STUDIO CYCLE 09.15 - 10.00 JODIE SPIN STUDIO	ZUMBA 10.00 - 11.00 REBECCA STUDIO 1 & 2	ABS & STRETCH 10.15 - 10.45 FITNESS TEAM STUDIO 3	CIRCUITS 11.15 - 11.45 FITNESS TEAM STUDIO 1 & 2				<p>BOOK YOUR FAVOURITE CLASSES ONLINE OR THROUGH OUR FITNESS APP TRAKK.</p> <p>If you haven't already download our app please visit WWW.MY-TRAKK.COM</p>					
SUN	STUDIO CYCLE 10.15 - 11.15 KAT H SPIN STUDIO	BOLLYX 10.15 - 11.00 VANSHIKA STUDIO 1 & 2	YOGA 10.30 - 12.00 SEI/JULIA STUDIO 3	ABS & STRETCH 11.20 - 11.50 FITNESS TEAM STUDIO 1 & 2	CYCLE STRONG 12.15 - 13.00 KIRSTY SPIN STUDIO								

0208 254 7940

www.pulsecarshalton.co.uk

info@pulsecarshalton.co.uk

[@pulsecarshalton](https://www.instagram.com/pulsecarshalton)

