



BASINGSTOKE

Spindlewood
Chineham Business Park, Stag Oak Lane
Basingstoke
RG24 8NN

0344 571 2809
basingstoke@fitnessfirst.com

MORNING CLASSES THIS WEEK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BOOT CAMP 06:15 - 07:00 Farah Studio One	TEAM WORKOUT KETTLEBELLS 07:00 - 07:30 James Gym Floor	BOOT CAMP 06:15 - 07:00 Farah Studio One	VICTORIA PENDLETON TEAM SPRINT 07:00 - 07:30 David Spin Studio	BOOT CAMP 06:15 - 07:00 Farah Studio One	BODYPUMP™ 08:45 - 09:30 Sue Studio One	TONE 09:30 - 10:15 Lola Studio One * £
OUTDOOR GROUP TRAINING CIRCUITS 06:45 - 07:15 Cormac Gym Floor	TEAM GB PRO ATHLETE 09:00 - 09:45 James Studio One	FREESTYLE GROUP TRAINING STRENGTH 06:30 - 07:00 Fitness Team Gym Floor	FREESTYLE GROUP TRAINING HIIT 09:30 - 10:00 Fitness Team Gym Floor	FREESTYLE GROUP TRAINING CORE 06:45 - 07:15 Fitness Team Gym Floor	SPIN 09:30 - 10:30 Chris Spin Studio	CAPOEIRA 10:15 - 10:50 Kids class Studio One
STEP 09:15 - 10:00 Trish Studio One		FREESTYLE GROUP TRAINING STRENGTH 09:15 - 09:45 Fitness Team Gym Floor		OUTDOOR GROUP TRAINING BREAKOUT 09:00 - 10:00 Cormac Gym Floor	BODYCOMB ... 09:35 - 10:35 Sue Studio One	FREESTYLE GROUP TRAINING CORE 11:00 - 11:30 Fitness Team Gym Floor
FREESTYLE GROUP TRAINING POWER 09:30 - 10:00 Fitness Team Gym Floor		SPIN 09:15 - 09:45 Trish Spin Studio		PILATES 09:15 - 10:00 Sue Studio One	FREESTYLE GROUP TRAINING STRENGTH 10:00 - 10:30 Fitness Team Gym Floor	CAPOEIRA 11:00 - 13:00 Fabio Studio One £
		BODYPUMP™ 09:45 - 10:15 Trish Studio One			PILATES 10:35 - 11:35 Sue Studio One	

AFTERNOON CLASSES THIS WEEK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>FREESTYLE GROUP TRAINING BASICS 12:30 - 13:00 Fitness Team Gym Floor</p>	<p>BODYCOMB ... 12:30 - 13:00 Sue Studio One</p>	<p>TEAM GB PRO ATHLETE 13:10 - 13:50 James Studio One</p>	<p>FREESTYLE GROUP TRAINING HIIT 12:30 - 13:00 Fitness Team Gym Floor</p>	<p>RPM™ 12:30 - 13:00 Catriona Spin Studio</p>	<p>CIRCUIT 12:00 - 13:00 David Gym Floor</p>	<p>FREESTYLE GROUP TRAINING BASICS 13:00 - 13:30 Fitness Team Gym Floor</p>
<p>SPIN 12:30 - 13:00 Nicola Spin Studio</p>	<p>FREESTYLE GROUP TRAINING POWER 13:15 - 13:45 Fitness Team Gym Floor</p>	<p>SPIN 13:15 - 13:45 Amy Spin Studio</p>	<p>YOGA 12:30 - 13:15 Sue Studio One</p>	<p>FREESTYLE GROUP TRAINING CORE 13:15 - 13:45 Fitness Team Gym Floor</p>	<p>SPIN 13:00 - 13:30 David Spin Studio</p>	
<p>OUTDOOR GROUP TRAINING BREAKOUT 13:15 - 13:45 James Gym Floor</p>	<p>RPM™ 13:15 - 13:45 Catriona Spin Studio</p>	<p>FREESTYLE GROUP TRAINING STRENGTH 17:30 - 18:00 Fitness Team Gym Floor</p>	<p>VICTORIA PENDLETON TEAM SPRINT 13:15 - 13:45 Matt Spin Studio</p>	<p>BODYPUMP™ 13:15 - 13:45 Natalie Studio One</p>		
<p>PILATES 13:15 - 13:45 Sue Studio One</p>	<p>TEAM GB PRO ATHLETE 17:45 - 18:25 Natalie Studio One</p>	<p>ZUMBA™ 17:30 - 18:15 Natalie Studio One</p>	<p>FREESTYLE GROUP TRAINING HIIT 17:30 - 18:00 Fitness Team Gym Floor</p>	<p>FREESTYLE GROUP TRAINING CORE 17:00 - 17:30 Fitness Team Gym Floor</p>		
<p>BODYPUMP™ 17:30 - 18:10 Natalie Studio One</p>				<p>SPIN 17:30 - 18:15 Amy Spin Studio</p>		
<p>FREESTYLE GROUP TRAINING POWER 17:45 - 18:15 Fitness Team Gym Floor</p>						

EVENING CLASSES THIS WEEK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
INSANITY 18:15 - 19:00 Lindsay Studio One	BODY CONDITIONI ... 18:25 - 19:00 David Studio One	SPIN 18:00 - 19:00 Chris Spin Studio	VICTORIA PENDLETON TEAM SPRINT 18:15 - 18:45 James Spin Studio	KARATE 19:00 - 20:30 Dave Studio One £		BODYBALA ... 18:00 - 18:45 Sue Studio One
SPIN 18:15 - 19:15 Chris Spin Studio	CIRCUIT 18:30 - 19:00 Matt Gym Floor	OUTDOOR GROUP TRAINING CIRCUITS 18:30 - 19:15 James Gym Floor	INSANITY 18:15 - 19:15 Lindsay Studio One			
BODYPUMP™ 19:00 - 20:00 Catriona Studio One	SPIN 19:00 - 19:45 Chris Spin Studio	BODYPUMP™ 19:10 - 20:10 Catriona Studio One	FREESTYLE GROUP TRAINING HIIT 19:00 - 19:30 Fitness Team Gym Floor			
BODYBALA ... 20:15 - 21:00 Sue Studio One	KARATE 19:00 - 20:15 Dave Studio One £		BODYPUMP™ 19:15 - 20:00 Natalie Studio One			
	CAPOEIRA 20:20 - 21:20 Fabio Studio One		CAPOEIRA 20:00 - 21:20 Fabio Studio One			