















## STUDIO TIMETABLE (GYM4ALL BRADFORD)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>1pm-1:15pm</p>  <p><b>Ab Blast</b></p> <p>David</p>		<p>1pm-1:15pm</p>  <p><b>Ab Blast</b></p> <p>David</p>		<p>1pm-1:15pm</p>  <p><b>Ab Blast</b></p> <p>David</p>		
<p>5:40pm – 6:10pm</p>  <p><b>Abs Blast</b> Mo</p>	<p>5:45pm - 6:30pm</p> <p><b>SPIN4ALL</b></p>  <p>Mo</p>	<p>5:45pm - 6:30pm</p>  <p><b>PILATES</b></p> <p>David</p>	<p>5:45pm - 6:30pm</p>  <p><b>Circuit Training</b></p> <p>Mo</p>	<p>5:15pm - 6pm</p> <p><b>LBT</b> (Legs, Bums, Tums) (Ladies Only) Hayley</p>		
<p>6:15pm – 7:15pm</p> <p><b>PUMP4ALL</b></p> <p>Mansoor</p>	<p>6:30pm - 7:30pm</p>  <p><b>Skip and Condition</b></p> <p>Mo</p>	<p>6:30pm - 7:30pm</p> <p><b>DANCE</b></p>  <p>(Ladies Only)</p> <p>Clara</p>	<p>6:30pm - 7:30pm</p> <p><b>SPIN4ALL</b></p>  <p>Mansoor</p>	<p>6:15pm – 7pm</p>  <p><b>Kettlebell tech</b> Mo</p>		
<p>7:15pm – 8pm</p> <p><b>SPIN4ALL</b></p>  <p>Mo</p>	<p>7:30pm - 8:30pm</p> <p><b>BOXING CIRCUIT</b></p>  <p>Mo</p>	<p>7:30pm - 8:30pm</p> <p><b>YOGA</b></p> <p>Clara</p>	<p>7:30pm - 8pm</p>  <p><b>Abs Blast</b> Mo</p>	<p>7pm - 7:45pm</p> <p><b>Gymsanity</b></p> <p>Mo</p>		