















STUDIO TIMETABLE (GYM4ALL BRADFORD)

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