

SKYE GYM ACTIVE STUDIO TIMETABLE

#ALL classes included in the class only/gym and class membership marked with #

	MON	TUES	WED	THUR	FRI	SAT	SUN
6am	6-6.45am # Morning bootcamp (outdoors) Fi W	6-6.45am # Morning bootcamp (active studio)Fi W		6-6.45am # Morning Bootcamp (outdoors) Fi W			
9am				9.30-10.30 EB pilates	9.30-10.30 EB pilates		
10am				//////////	////////		
11am				11-12pm EB pilates			
12							
1PM	1-1.30 # Lunch Crunch with Wee Fi		1-1.30 # Lunch crunch with wee Fi	1.30-3.30 Mother and toddler group.			
2pm		2-3pm Beginners weights class Evelyn + Wee Fi					
3pm							
4pm				Private Hire			
5pm	Wee Fi's # Commando Class	5.15-6pm # strength class Fi W	5.30-6.30 EB Pilates	5.15-6pm # Stretch & Flex Fi W			
6pm		6.15- 7.15pm Step Class (Date TBC)	//////////				
7pm	7-8.30 Neils Pilates	//////////	7-8pm # Cammy's Circuits (Begins 20th Sept)	7.15- 20.30 Adults Karate			
8pm	//////////			//////////			