

**Virgin Active West London
Group Exercise Timetable Ramadan 2018**

Monday

Time	Class	Level	Venue	Instructor
22:30-23:30	Boxing	All	Studio 1	Jemima
23:45-00:45	Hatha Yoga	All	Studio 1	Jemima

Tuesday

Time	Class	Level	Venue	Instructor
22:45-23:30	Group Cycle	All	Studio 1	Jade
23:45-00:30	Stretch and Tone	All	Studio 1	Jade

Wednesday

Time	Class	Level	Venue	Instructor
22:45-23:30	Body Combat	All	Studio 1	Jemima
23:45-00:45	Hatha Yoga	All	Studio 1	Jemima

Thursday*

Time	Class	Level	Venue	Instructor
22:30-23:00	Grid Lean	All	Grid Zone	Anna
23:15-23:45	ZUU	All	Studio 1	Anna

Friday

Time	Class	Level	Venue	Instructor
22:30-23:00	Group Cycle	All	Cycle Studio	Jade
23:15-23:45	Grid Fit	All	Grid Zone	Jade

Thursday*

Time	Class	Level	Venue	Instructor
22:30-23:15	Circuits/Boxing	All	Grid Zone	Jacquie
23:30-00:15	Circuits/Boxing	All	Grid Zone	Jacquie

*Anna will be teaching her classes on the 17th, 31st of May and 14th of June

*Jacquie will be teaching her classes on the 24th of May and 7th of June

