

PETERBOROUGH GYM

TIMETABLE FROM 27 JULY 2020

Zoom classes are available to all members. Access codes are available at [LINK](#)

Day / Times	Class	Instructor	Location
Monday			
09:00 – 19:00	Gym open		
10:00 – 11:00	Senior Fitness	Mel	Cresset
10:00 – 11:00	Zumba	Samia	Zoom
11:15 – 12:15	Stretch & Relaxation	Mel	Cresset
17:30 – 18:30	Zumba	Samia	Cresset
18:30 – 19:30	HIIT	Jen	Zoom
Tuesday			
09:00 – 19:00	Gym open		
08:00 – 09:00	Yoga	Yolande	Zoom
10:00 – 11:00	Circuit	Dicky	Cresset
17:30 – 18:30	Zumba	Samia	Cresset
19:30 – 20:30	Thighs, Bums & Tums	Mel	Zoom
Wednesday			
09:00 – 19:00	Gym open		
10:00 – 11:00	Bouncefit	Alice	Zoom
10:00 – 11:00	Zumba	Samia	Cresset
17:30 – 18:30	Cardio Fit	Dicky	Cresset
Thursday			
09:00 – 19:00	Gym open		
11:00 – 12:00	Senior	Dicky	Cresset
17:30 – 18:15	Zumba	Samia	Cresset
18:30 – 19:30	Zumba	Samia	Zoom
Friday			
09:00 – 17:00	Gym open		
10:00 – 11:00	Zumba	Samia	Cresset

