



Gravity Fitness Timetable

Monday

Time	Class	Level	Venue	Trainer/ Instructor	Booking
7pm-8pm	Aerial Hoop	Mixed Ability	Gravity Fitness	Olivia	Book in advance
8pm-9pm	Aerial Hoop	Intermediate/Advanced	Gravity Fitness	Lizzie	Book In advance

Tuesday

Time	Class	Level	Venue	Instructor	Booking
6:30pm- 7:30pm	Aerial Hoop	Beginners/ Intermediate	Gravity Fitness	Lauren/Sarah	Book in advance.
7:30pm- 8:30pm	Aerial Hoop	Intermediate/Advanced	Gravity Fitness	Amanda	Book In Advance
7:30pm- 8:30pm	Pole Fitness	Beginners/Intermediate	Gravity Fitness	Lauren	Book in Advance

Wednesday

Time	Class	Level	Venue	Instructor	Booking
6:30pm- 7:30pm	Aerial Hoop	Intermediate/Advanced	Gravity Fitness	Lizzie	Book In advance
7:30pm- 8:30pm	Aerial Hoop	Mixed Ability	Gravity Fitness	Lizzie	Book in advance

Thursday

Time	Class	Level	Venue	Instructor	Booking
6:30pm-7:30pm.	Aerial Hoop	Advanced	Gravity Fitness	Lizzie	Book in advance.
7:30pm-8:30pm.	Pole Fitness	Beginners/Intermediate	Gravity Fitness	Emerald	Book in advance.

Friday

Time	Class	Level	Venue	Instructor	Booking
6pm	Aerial Hoop	Beginner	Gravity Fitness	Lizzie	Book In advance

Saturday (Every last Saturday of the Month)

Time	Class	Level	Venue	Instructor	Booking
10am-12pm	Aerial Hoop & Pole Fitness Catch Ups	Any	Gravity Fitness	One of the Gravity Fitness Instructors.	Book In advance