

| RHINO'S CLASS SCHEDULE | | | |
|------------------------|--|----------------------|--------------|
| MONDAY | | | |
| TIME | CLASS | INSTRUCTOR | CONTACT |
| 09:30 - 10:30 | YOGA (Comm 15 May) | GEMMA ROYCE | 07702 527454 |
| 19:00 - 20:00 | BOUNCE Book via facebook @BounceStamford | MICHELLE FITZMAURICE | 07590 539442 |
| 20:00 - 21:00 | BOUNCE Book via facebook @BounceStamford | MICHELLE FITZMAURICE | 07590 539442 |
| TUESDAY | | | |
| TIME | CLASS | INSTRUCTOR | CONTACT |
| 09:15 - 10:00 | INSANITY (Booking essential) | SAM MCGREEVY | 07887 802621 |
| 18:30 - 19:30 | BOUNCE Book via facebook @BounceStamford | MICHELLE FITZMAURICE | 07590 539442 |
| 19:30 - 20:30 | BOUNCE Book via facebook @BounceStamford | MICHELLE FITZMAURICE | 07590 539442 |
| WEDNESDAY | | | |
| TIME | CLASS | INSTRUCTOR | CONTACT |
| 19:00 - 20:30 | FIT FIGHTERS BOXING | SHAUN COULSON | 07592 621702 |
| THURSDAY | | | |
| TIME | CLASS | INSTRUCTOR | CONTACT |
| 06:30 - 07:30 | BOUNCE Book via facebook @BounceStamford | MICHELLE FITZMAURICE | 07590 539442 |
| 09:30 - 10:30 | BOUNCE (Child Friendly) Comm 8 June | MICHELLE FITZMAURICE | 07590 539442 |
| 11:00 - 11:30 | PILATES (Booking essential) | KELLY CAREY | 07782 218996 |
| 19:00 - 20:00 | BOUNCE BOOTCAMP Comm 25 May | MICHELLE FITZMAURICE | 07590 539442 |
| FRIDAY | | | |
| TIME | CLASS | INSTRUCTOR | CONTACT |
| 09:30 - 10:15 | CLUBBERCISE (Booking essential) | SAM MCGREEVY | 07887 802621 |
| 12:30 - 13:30 | LADIES SELF DEFENCE (Comm 19 May) | GEMMA ROYCE | 07702 527454 |
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| SATURDAY | | | |
| TIME | CLASS | INSTRUCTOR | CONTACT |
| 15:00 - 16:30 | POSING PRACTICE (alternate Sat/Sun) | BRANDON MARJORAM | 07821 823392 |
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| SUNDAY | | | |
| TIME | CLASS | INSTRUCTOR | CONTACT |
| 10:30 - 12:00 | FIT FIGHTERS BOXING | SHAUN COULSON | 07592 621702 |
| 15:00 - 16:30 | POSING PRACTICE (alternate Sat/Sun) | BRANDON MARJORAM | 07821 823392 |
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| KEY: | Green - Gym Based Class | | |
| | Yellow - Studio Based Class | | |
| | Orange - Gym & Studio Based Class | | |
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