

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY						
MORNING 6am til 12pm	09:30-10:00 Studio	HIIT Cardio Shirley	06:15-06:45 Studio	Bootcamp PT	06:15-06:45 Spin Studio	Spin PT	06:15-06:45 Studio	HIIT PT	09:00-09:30 Studio	Kettlercise Sophie	10:00-10:45 Studio	HIIT Circuits Tasha	10:15-10:45 Studio	Bootcamp PT
	10:00-10:30 Studio	HIIT Step Shirley	07:00-07:30 Studio	Abs/Core PT	07:00-07:30 Studio	Abs/Core PT	07:00-07:30 Studio	LBT PT	09:30-10:00 Studio	Abs/Core Sophie	11:00-11:45 Studio	LBT Tasha	11:00-11:30 Studio	LBT PT
	10:45-11:30 Studio	Yoga Janina	09:30-10:15 Studio	Pilates Janina	09:30-10:15 Studio	HIITStep Shirley	09:30-10:15 Studio	Pilates Janina	10:15-11:00 Studio	BodyCombat Judith				
			09:30-10:15 Spin Studio	Spin Judith	10:30-11:15 Studio	Yoga Janina	09:30-10:15 Spin Studio	Spin Judith	11:15-12:15 Studio	Pilates Sharon				
			10:20-11:05 Studio	BodyPump Judith			10:20-11:05 Studio	BodyPump Judith						
							11:15-12:00 Studio	Dance Fitness Sophie						
			11:00-11:30 Gym	Induction PT	11:00-11:30 Gym	Induction PT	11:00-11:30 Gym	Induction PT						
DAYTIME 12pm til 5pm			12:15-13:00 Studio	HIIT PT	12:15-13:00 Studio	Pump PT	12:15-12:45 Studio	HIIT PT					12:00-12:30 Gym	Induction PT
EVENING 5pm til 10pm	17:25-17:55 Studio	HIIT PT	17:25-17:55 Studio	Bootcamp PT	17:25-17:55 Studio	X-Fit PT	17:25-17:55 Studio	Bootcamp PT	17:25-17:55 Studio	X-Fit PT				
	18:00-18:45 Spin Studio	Spin Alex	18:00-18:45 Spin Studio	Spin Alex	18:00-18:45 Spin Studio	Spin Alex	18:00-18:45 Spin Studio	Spin PT	18:00-18:45 Spin Studio	Spin Alex				
	18:00-18:45 Studio	Pump Tasha	18:00-18:45 Studio	BodyPump Judith	18:00-18:45 Studio	Pilates Janina	18:00-18:45 Studio	MetaFit Shirley	19:00-19:30 Gym	Induction PT				
	19:00-19:45 Studio	Booty Build PT	19:00-19:45 Studio	Dance Fitness Chelsea	19:00-19:45 Studio	Booty Build PT	19:00-19:45 Studio	Pilates Sharon						
	20:00-20:30 Gym	Induction PT	20:00-20:45 Studio	Yoga Janina	20:00-20:30 Gym	Induction PT	20:00-20:30 Gym	Induction PT						

	CARDIO		MIND/BODY
	STRENGTH		DANCE
	INTERVAL		INDUCTION

There is no booking system for classes. Please turn up in good time and take your place in the studio. If all places are full, please join a later class.