

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
MORNING 6am til 12pm	09:00 - 09:45 Studio	Yoga Connie	09:30 - 10:00 Studio	L.B.T Aleisha	09:00 - 09:45 Studio	Yoga Connie	09:30 - 10:00 Studio	L.B.T Aleisha	06:15 - 07:00 Spin Studio	Spin Andrew	09:00 - 10:00 Studio	L.B.T Emma	09:30 - 10:15 Studio	Circuits Emma
	10:00 - 10:45 Studio	Dance fit Aleisha	10:15 - 11:00 Studio	Conditioning Aleisha	10:00 - 10:45 Studio	Dance Fit Aleisha	10:15 - 11:00 Studio	Dance Fit Aleisha	11:00 - 11.45 Studio	Yoga Connie	10:00 - 11:00 Studio	Circuits Emma	10:30 - 11:15 Studio	HiIT Emma
											11.15 - 12:00 Studio	Boxfit Jordee		
											12:00 - 12:45 Studio	Booty Build Jordee		
DAYTIME 12pm til 5pm			12:15 - 13:00 Studio	Spin Andrew			12:00 - 12:30 Studio	HIIT Emma						
			13:15 - 14:00 Studio	HIIT Andrew			12:45 - 13:15 Studio	Conditioning Emma						
EVENING 5pm til 10pm	17:00 - 17:45 Studio	Booty Build Jordee	17:00 - 17:45 Studio	HIIT Jordee	17:00 - 17:45 Studio	Boxfit Jordee	18:00 -18:45 Studio	Dance Fit Aleisha	17:15 - 17:45 Studio	HIIT Emma				
	18:00 - 18:45 Studio	Body Pump Debbie	19:00 - 19:45 Studio	Body Pump Louise	18:15 - 19:00 Spin Studio	Spin Andrew	19:00 - 19:45 Studio	Body Pump Louise	18:00 - 19:00 Studio	L.B.T Emma				
	18:15 - 19:00 Spin Studio	Spin Andrew	20:00 - 20:45 Studio	Yoga Violet	18:00 - 18:45 Studio	HIIT Jordee	20:00 - 20:45 Studio	Yoga Connie						

	CARDIO		MIND/BODY
	STRENGTH		DANCE
	INTERVAL		

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.