

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY							
<b>MORNING</b> 6am til 12pm	10:00-10:45 Studio	Yoga Claire	06:30-07:15 Spin Studio	Spin Jennifer	06:30-07:15 Spin Studio	Spin Jennifer	09:00-09:30 Studio	HIIT Andy	09:30-10:15 Spin Studio	Spin Michelle	09:30-10:15 Spin Studio	Spin Michelle		
	11:15-12:00 Studio	Zumba Tracy			11:00-11:45 Studio	Yoga Claire			11:00-11:45 Studio	Zumba Tracy	10:00-10:45 Studio	Zumba Claire		
	12:00-13:00 Studio	HIIT Andy												
<b>DAYTIME</b> 12pm til 5pm			12:15-13:00 Studio	Conditioning Scott	12:15-13:00 Studio	Conditioning Steven			12:15-12:45 Studio	LBT Scott				
<b>EVENING</b> 5pm til 10pm	18:00-18:45 Studio	Body Pump Lynn	17:15-17:45 Studio	HIIT Andy	18:15-19:00 Studio	Spin Heather	18:00-18:45 Studio	Body Pump Lynn	18:00-18:45 Studio	Conditioning Steven				
	18:15-19:00 Spin Studio	Spin Jennifer	18:00-18:45 Studio	Zumba Tracy	19:00-19:45 Studio	Body Pump Lynn	18:15-19:00 Spin Studio	Spin Andy	18:15-19:00 Spin Studio	Spin Andy				
	19:00-19:45 Studio	Body Combat Lynn	18:15-19:00 Spin Studio	Spin Andy	20:00-20:30 Spin Studio	LBT Lynn	19:00-19:45 Studio	Body Combat Lynn						
	20:00-20:30 Studio	LBT Michelle	19:00-19:45 Studio	Yoga Susan			19:15-19:45 Spin Studio	Spin Scott						

	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.