

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY						
MORNING 6am til 12pm	10:00 - 10:45 Studio	HIIT Georgia	10:00 - 10:45 Studio	Body Combat John Paul	09:00 - 09:45 Studio	Body Combat Cath	10:00 - 10:45 Studio	Circuits Georgia	10:00 - 10:45 Studio	LBT Georgia	09:00 - 09:45 Studio	Zumba Chantell		
	11:00 - 11:45 Spin Studio	Spin Cath	11:00 - 11:45 Studio	Body Pump John Paul	10:00 - 10:45 Studio	Body Pump Cath	11:00 - 11:45 Studio	LBT Georgia	11:00 - 11:45 Studio	Pilates Cath	10:00 - 10:45 Spin Studio	Spin Chantell	10:00 - 11:00 Studio	Yoga Darren
					11:00 - 11:45 Spin Studio	Spin Cath					11:00 - 12:00 Studio	Yoga Darren		
DAYTIME 12pm til 5pm														
EVENING 5pm til 10pm	17:00 - 17:30 Gym Floor	Induction Personal Trainer	17:00 - 17:30 Gym Floor	Induction Personal Trainer	17:00 - 17:30 Gym Floor	Induction Personal Trainer	17:15 - 17:45 Spin Studio	Spin Clare	17:30 - 18:15 Studio	Zumba Chantell				
	17:15 - 17:45 Spin Studio	Spin Toni	17:15 - 17:45 Studio	HIIT Diane	17:30 - 18:15 Studio	Body Combat Chris	17:30 - 18:15 Studio	Body Pump Jodie	18:30 - 19:15 Studio	LBT Chantell				
	17:30 - 18:15 Studio	Circuits Terry	17:15 - 17:45 Spin Studio	Spin Clare	18:00 - 18:30 Gym Floor	Induction Personal Trainer	18:00 - 18:45 Spin Studio	Spin Clare						
	18:00 - 18:30 Gym Floor	Induction Personal Trainer	18:00 - 18:30 Gym Floor	Induction Personal Trainer	18:30 - 19:15 Studio	Body Pump Chris	18:30 - 19:00 Studio	HIIT Jodie						
	18:00 - 18:45 Spin Studio	Spin Toni	18:00 - 18:45 Studio	Zumba Diane										
	18:30 - 19:15 Studio	Bootcamp Terry	18:00 - 18:45 Spin Studio	Spin Clare										
			19:00 - 19:45 Studio	Pilates Diane										

	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.