


		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
MORNING 6am til 12pm	09:30-10:15	Body Conditioning Caroline Hayes	09:30-10:15	Spin Rebecca Nolan	09:30-10:15	Body Combat Caroline Hayes	09:30-10:15	Spin Toni Elwin	06:15-06:45	HIIT Chris Needham	08:30-09:15	Body Pump Debbie Sutherland	10:00-10:45	Spin Mike Edmundson	
	10:30-11:15	Body Combat Caroline Hayes	10:30-11:15	Body Pump Rebecca Nolan	09:30-10:30	Induction Dave Wade	10:30-11:15	Body Conditioning Connor Rodgerson	09:30-10:15	Yoga Alison Scorer	09:30-10:15	Body Combat Debbie Sutherland	11:00-12:00	Pilates Su Legg	
	11:00-11:30	Functional Fitness Dave Wade	11:00-11:30	Functional Fitness Dave Wade	10:30-11:15	LBT Caroline Hayes	11:00-11:30	Functional Fitness Dave Wade	09:30-10:15	Spin Flo Marsh					
	11:30-12:00	MetaFit Connor Rodgerson	11:30-12:00	HIIT Chris Needham	11:00-11:30	Functional Fitness Dave Wade			10:30-11:15	Body Pump Flo Marsh					
					11:30-12:00	HIIT Chris Needham									
DAYTIME 12pm til 5pm															
EVENING 5pm til 10pm	17:30-18:00	HIIT Dale Pearce	17:30-18:00	HIIT Debbie Sutherland	17:30-18:00	Abs Luke Molloy	17:30-18:00	HIIT Debbie Sutherland	17:30-18:00	MetaFit Connor Rodgerson					
	18:15-19:00	Spin Dale Pearce	17:30-18:00	Spin Connor Rodgerson	18:15-19:00	Spin Claire Pearce	17:30-18:00	Spin Connor Rodgerson	18:15-19:15	Induction Connor Rodgerson					
	18:15-19:00	Yoga Alison Scorer	18:15-19:00	Body Combat Debbie Sutherland	18:15-19:00	Body Pump Rebecca Nolan	18:15-19:00	Body Combat Debbie Sutherland							
	19:15-19:45	Box Fit Dale Pearce	19:15-20:00	Body Pump Debbie Sutherland	19:15-20:00	Step Claire Pearce	19:15-20:00	Body Pump Debbie Sutherland							

	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.