

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY						
MORNING 6am til 12pm				06:15-07:00 Spin Studio	Spin Joanne	06:15 - 07:00 Spin Studio	Spin Lydia							
	09:15-10:00 Spin Studio	Spin Joanne	09:30 - 10:00 Studio	HIIT Lucy	09:15 - 09:45 Spin Studio	Step Danielle	09:30 - 10:00 Studio	Circuit Danielle	09:15 - 10:00 Spin Studio	Spin Joanne	09:15 - 09:45 Studio	Abs Cath		
	10:00 - 10:45 Studio	Body Combat Lucy	10:15 - 10:45 Studio	LBT Lucy	10:00-10:30 Studio	HIIT Danielle	10:15 - 10:45 Studio	LBT Danielle	10:15 - 10:45 Studio	Core Lydia	10:00 - 10:45 Studio	Body Pump Cath	10:00 - 10:45 Studio	Zumba Zubaidah
	11:00 - 11:45 Studio	Body Pump Lucy	11:00 - 12:00 Studio	Yoga Darren	10:45-11:45 Studio	Yoga Julie	11:00 - 11:45 Studio	Zumba Zubaidah	11:00 - 11:45 Studio	Body Pump Lucy	11:00 - 11:45 Studio	Body Combat Cath		
	11:30- 12:00 Gym Floor	Induction Personal Trainer			11:30- 12:00 Gym Floor	Induction Personal Trainer								
DAYTIME 12pm til 5pm														
EVENING 5pm til 10pm	17:30 - 18:00 Functional Area	X-FIT Chantell	17:15 - 17:45 Studio	Core Cath	17:15-18:00 Studio	Zumba Chantelle	17:15 - 17:45 Studio	HIIT Cath	17:45 - 18:15 Studio	LBT Lucy				
	18:00- 18:30 Gym Floor	Induction Personal Trainer	18:00- 18:30 Gym Floor	Induction Personal Trainer	18:00 - 18:45 Spin Studio	Spin Joanne	18:00 - 18:45 Spin Studio	Spin Joanne	18:30 - 19:15 Studio	Body Combat Lucy				
	18:00 - 18:45 Spin Studio	Spin Craig	18:00 - 18:45 Spin Studio	Spin Craig	18:15-18:45 Studio	LBT Lucy	18:00 - 18:45 Studio	Body Pump Cath						
	18:00 - 18:45 Studio	Pilates Diane	18:00- 18:45 Studio	Body Combat Cath	19:00 - 19:45 Studio	Body Combat Lucy	19:00 - 19:45 Studio	Body Combat Cath						
	19:00 - 19:45 Studio	Clubbercise Christine	19:00 - 19:45 Studio	Body Pump Cath			20:00 - 21:00 Studio	Pilates Cath						
	20:00-20:45 Studio	Yoga Darren												

	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.