

MON	TUE	WED	THU	FRI	SAT	SUN
6:40 – 7:10 SPIN Emma	6:40 – 7:10 CIRCUIT Jason	6:40 – 7:10 SPIN Ian	6:40 – 7:10 HIIT Team	6:40 – 7:10 SPIN Emma		
8:45 – 9:15 SPIN Jill	8:40 – 8:25 TOTAL TONE Helen	7:15 – 7:45 CORE & MORE Ian	8:35 – 9:20 FITNESS PILATES Helen	8:30 – 9:15 BEG PILATES Ena	8:30 – 9:30 YIN Sharon	8:30 – 9:15 PILATES Ena
	8:45 – 9:15 SPIN Jill	8:30 – 9:15 TOTAL TONE Helen	9:30 – 10:15 SPIN Jill			
9:30 – 10:15 SPIN Julie	9:30 – 10:15 FITNESS PILATES Helen	9:15 – 10:15 YOGA Lindsay	9:30 – 10:30 YOGA Lindsay	9:30 – 10:15 BARRE Tracy	9:45 – 10:30 ZUMBA Louise H	9:30 – 10:15 CIRCUITS Ena
9:30 – 10:15 MOTIVATOR Jill		9:30 – 10:15 SPIN Helen	9:30 – 10:15 TOTAL TONE Helen	9:30 – 10:15 SPIN Julie		
		9:30 – 10:15 BODY PUMP Louise S		9:30 – 10:15 TOTAL TONE Helen		
10:00 – 11:15 HATHA Craig	10:30 – 11:30 YIN Sharon	10:30 – 11:15 CLASSICAL PILATES Tracy	10:30 – 11:15 SOMATIC FLOW Penny	10:30 – 11:00 LBT Helen	10:00 – 10:45 RIG Team	10:30 – 11:00 SPIN Ena
10:30 – 11:15 LADIES LIFTING Ash	10:30 – 11:15 AQUACISE Laura			10:30 – 11:15 AQUACISE Ena	10:30 – 11:15 SPIN Louise S	
					10:50 – 11:05 STRETCH Team	11:05 – 11:20 ABS Team
11:30 – 12:30 SOMATIC FLOW Penny						
17:45 – 18:45 BEG YOGA Lindsay	11:45 – 12:30 BOOGIE & BALANCE Jill					
18:00 – 18:45 SPIN Sophie	17:45 – 18:15 SPIN Jill	18:00 – 19:00 ROCKET VINYASSA Sarah	18:00 – 18:45 BODY PUMP Ash	18:00 – 18:45 LADIES LIFITNG Team		
18:00 – 18:45 MOTIVATOR Jill	18:00 – 18:45 AERODANCE Tracy	18:00 – 18:30 SPIN Jill	18:00 – 18:30 SPIN Louise S		HIGH ENERGY	
	18:15 – 19:15 HATHA Craig	18:00 – 18:45 HIIT STEP Sophie			STRENGTH & CONDITIONING	
19:00 – 19:45 BEG PILATES Ena	18:30 – 19:15 RIG Team	19:00 – 19:45 ZUMBA Louise H			HOLISTIC	
	19:00 – 19:45 CLASSICAL PILATES Tracy	19:30 – 20:30 BREATH C”D Sharon	19:00 – 19:45 DECADES Louise H		INDOOR CYCLING	
			19:15 – 20:00 VINYASA Stephannie		POOL	