



MON	TUE	WED	THU	FRI	SAT	SUN
	Abs & Core 07:30 - 08:00 NEW Gary	Abs & Core 07:30 - 08:00 NEW Gary	Pilates 06:30 - 07:30 NEW Michelle	Pilates 06:30 - 07:30 NEW Michelle		
Body Conditioning 09:30 - 10:15 Marie	INTRODUCTION TO Strength Training 09:30 - 10:15 Hayley	Zumba & Tone 08:30 - 09:15 Charlotte	INTRODUCTION TO Strength Training 09:30 - 10:15 Hayley	Conditioning Club 08:30 - 09:00 Billy	Cycle Fit 09:00 - 09:45 Chrissy	
Body Flow 10:15 - 11:15 Marie	Pilates 10:30 - 11:30 Jane	Cycle Fit 09:30 - 10:15 Carly Jo	Pilates 10:30 - 11:30 Hannah	Indoor Bootcamp 09:15 - 10:15 Billy	Aqua Aerobics 09:00 - 09:45 Zain	Aqua Aerobics 09:00 - 09:45 Zain
		Gym Circuit 09:30 - 10:30 Cindy	Aqua Fit 10:30 - 11:15 Cindy	Pilates 10:30 - 11:30 Jane	Combat Fit 10:00 - 11:00 Chrissy	Cycle Fit 09.45 - 10.30 Zain
		Total Toning 10:30 - 11:15 Carly Jo				Vinyasa Yoga 10:45 - 11:45 Katrin
Aqua Fit 11:30 - 12:15 Cindy		Pilates 11:30 - 12:30 Carly Jo			Hatha Yoga 11:30 - 12:30 Rob	
Aqua Aerobics 18:00 - 18:45 Cindy	HITT 18:00 - 19:00 Zain	Aqua Aerobics 11:30 - 12:15 Cindy	Lift & Tone 17:45 - 18:30 Cindy	Cycle Fit 16:15 - 17:00 Gary		
Cycle Fit 18:00 - 18:45 Bee	Cycle Fit 19:15 - 20:00 Zain	Cycle Fit 18:00 - 18:45 Chrissy	Aqua Aerobics 18:45 - 19:30 Cindy	Step & Tone 17:45 - 18:30 Chrissy		
Yoga 19:00 - 20:00 Bee	Restorative Yoga 20:15 - 21:15 Katrin	Combat Fit 19:00 - 20:00 Chrissy	Yoga 19:00 - 20:00 Zara			
		Pilates 20:15 - 21:15 Hannah				

 **AQUA AEROBICS**
Fun low impact workout in the pool.

 **CARDIO**
Go faster, further for longer.

 **GROUP CYCLE**
Get spinning, burn calories & have fun.

 **STRENGTH**
Everything you need from bums to guns.

 **HOLISTIC**
Shape yourself inside & out. Mind & Body.