

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY						
MORNING 6am til 12pm	06:15-06:45 Spin Studio	Spin Tasha	06:15-06:45 Studio	Bootcamp Sophie	06:15-06:45 Studio	Functional Fit Marley	08:30-09:00 Studio	LBT Sophie	09:00-09:30 Studio	Kettlercise Sophie	09:00-09:45 Studio	HIIT Circuits Tasha	10:15-10:45 Studio	Bootcamp Angel
	07:00-07:30 Studio	LBT Tasha	07:00-07:30 Studio	Abs/Core Sophie	07:00-07:30 Studio	Abs/Core Marley	09:00-09:30 Studio	Kettlercise Sophie	09:30-10:00 Studio	Abs/Core Sophie	10:00-10:45 Studio	LBT Tasha	11:00-11:45 Studio	LBT Angel
	09:30-10:00 Studio	HIIT Cardio Shirley	09:30-10:15 Studio	Pilates Janina	09:30-10:15 Studio	HIITStep Shirley	09:30-10:15 Studio	Pilates Janina	10:15-11:00 Studio	BodyCombat Judith				
	10:00-10:30 Studio	HIIT Step Shirley	09:30-10:15 Spin Studio	Spin Judith	10:30-11:15 Studio	Yoga Janina	09:30-10:15 Spin Studio	Spin Judith	11:15-12:15 Studio	Pilates Sharon				
	10:45-11:30 Studio	Yoga Janina	10:20-11:05 Studio	BodyPump Judith			10:20-11:05 Studio	BodyPump Judith						
							11:15-12:00 Studio	Dance Fitness Sophie						
		11:00-11:30 Gym	Induction Marley	11:00-11:30 Gym	Induction Asam	11:00-11:30 Gym	Induction Aiden							
DAYTIME 12pm til 5pm			12:15-13:00 Studio	HIIT Marley	12:15-13:00 Studio	Pump Asam	12:15-12:45 Studio	HIIT Aiden			15:00-15:30 Gym	Induction Tasha	12:00-12:30 Gym	Induction Angel
EVENING 5pm til 10pm	17:25-17:55 Studio	HIIT Angel	17:25-17:55 Studio	Bootcamp Aiden	17:25-17:55 Studio	X-Fit Angel	17:25-17:55 Studio	Bootcamp Marley	17:25-17:55 Studio	X-Fit Aiden				
	18:00-18:45 Spin Studio	Spin Alex	18:00-18:45 Spin Studio	Spin Tasha	18:00-18:45 Spin Studio	Spin Alex	18:00-18:45 Spin Studio	Spin Alex	18:00-18:45 Spin Studio	Spin Gareth				
	18:00-18:45 Studio	Pump Tasha	18:00-18:45 Studio	BodyPump Judith	19:00-19:45 Studio	Booty Build Angel	18:00-18:45 Studio	MetaFit Shirley	19:00-19:30 Gym	Induction Aiden				
	19:00-19:45 Studio	Booty Build Angel	19:00-19:45 Studio	Dance Fitness Chelsea	20:00-20:30 Gym	Induction Angel	19:00-19:45 Studio	Pilates Sharon						
	20:00-20:30 Gym	Induction Angel	20:00-20:30 Gym	Induction Tasha			20:00-20:30 Gym	Induction Marley						

	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.