

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------------------------------|--|--|---|---|--|--|--------|
| MORNING 6am til 12pm | 10:00-10:45 Studio Yoga Claire | 06:30-07:15 Spin Studio Spin Jennifer | 06:30-07:15 Spin Studio Spin Jennifer | 9:00-9:30 Studio HIIT Andy | 09:30-10:15 Studio LBT Scott | 09:30-10:15 Spin Studio Spin Michelle | |
| | 11:15-12:00 Studio Zumba Tracy | | 11:00-11:45 Studio Yoga Claire | | 11:00-11:45 Studio Zumba Tracy | 10:00-10:45 Studio Zumba Claire | |
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| DAYTIME 12pm til 5pm | 12:15-13:00 Studio HIIT Andy | 12:15-13:00 Studio Conditioning Scott | 12:15-13:00 Studio Conditioning Steven | 12:15-13:00 Studio Conditioning Steven | 12:15-12:45 Spin Studio Spin Michelle | | |
| | 13:15-13:45 Studio ABS Taylor | | | | | | |
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| EVENING 5pm til 10pm | 18:00-18:45 Studio Body Pump Lynn | 17:15-17:45 Studio HIIT Andy | 18:15-19:00 Spin Studio Spin Heather | 18:00-18:45 Studio Body Pump Lynn | 17:15-17:45 Studio HIIT Step Jennifer | | |
| | 18:15-19:00 Spin Studio Spin Jennifer | 17:30-18:00 Spin Studio HIIT n Ride Jenifer | 19:00-19:45 Studio Body Pump Lynn | 18:15-19:00 Spin Studio Spin Andy | 18:00-18:30 Studio HIIT Taylor | | |
| | 19:00-19:45 Studio Body Combat Lynn | 18:00-18:45 Studio Zumba Tracy | 20:00-20:30 Studio LBT Lynn | 19:00-19:45 Studio Body Combat Lynn | 18:15-19:00 Spin Studio Spin Andy | | |
| | 20:00-20:30 Studio LBT Steven | 18:15-19:00 Spin Studio Spin Andy | | 19:15-19:45 Spin Studio Spin Scott | | | |
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|  | 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.