

## MONDAY

06:15 – 07:00	HIIT	STUDIO
09:30 – 10:15	SPIN	SPIN STUDIO
10:30 – 11:15	HIIT	STUDIO
17:30 – 18:15	SPIN	SPIN STUDIO
18:00 - 18:45	BODYPUMP	STUDIO
18:30 - 19:15	SPIN	SPIN STUDIO
19:00 - 19:45	BODYCOMBAT	STUDIO
20:00 - 20:45	HIIT	STUDIO

## TUESDAY

09:30 – 10:15	BODYPUMP	STUDIO
10:30 – 11:15	BODYCOMBAT	STUDIO
18:00 – 18:45	SPIN	SPIN STUDIO
18:00 – 18:45	BODYCONDITIONING	STUDIO
19:00 – 19:45	SPIN	SPIN STUDIO
19:00 – 19:45	HIIT	STUDIO
20:00 – 20:45	YOGA	STUDIO

## WEDNESDAY

06:15 – 07:00	SPIN	SPIN STUDIO
09:30 – 10:15	SPIN	SPIN STUDIO
10:30 – 11:15	HIIT	STUDIO
18:00 – 18:45	BODYPUMP	STUDIO
18:30 – 19:15	SPIN	SPIN STUDIO
19:00 – 19:45	BODYCOMBAT	STUDIO

## THURSDAY

09:30 – 10:15	BODYPUMP	STUDIO
10:30 – 11:15	BODYCOMBAT	STUDIO
18:00 – 18:45	SPIN	SPIN STUDIO
18:00 – 18:45	ZUMBA	STUDIO
19:00 – 19:45	STRONG BY ZUMBA	STUDIO
20:00 – 20:45	YOGA	STUDIO

## FRIDAY

06:15 – 07:00	HIIT	STUDIO
09:30 – 10:15	HIIT	STUDIO
17:30 – 18:15	SPIN	SPIN STUDIO

## SATURDAY

09:00 – 09:45	BODYPUMP	STUDIO
10:00 – 10:45	BODYCOMBAT	STUDIO

## SUNDAY

09:00 – 09:45	YOGA	STUDIO
10:15 – 11:00	SPIN	SPIN STUDIO

### INFORMATION ON CHANGES TO OUR CLASSES:

This is our re-opening timetable, designed to get our classes moving again post lockdown, whilst maintaining social distancing. We will gradually phase other classes back in over coming weeks.

Due to social distancing, class numbers will of course be smaller than usual, but because our studios are so large, we can still cater for lots of people.

CLASS BOOKING TEMPORARILY POSTPONED: Due to changing our App to enable contactless entry, all classes will be on a first come first served basis for now.

Please turn up in good time and take your place in the studio, as per the markings. If all places are full, please join a later class.

Please follow the social distancing and hygiene guidelines when partaking in classes.