

		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
MORNING 6am til 12pm				06:30-07:00 Studio	Circuit Bradley			06:30-07:00 Studio	Circuit Bradley					10:15-10:45 Studio	Core Claire
	09:30-10:15 Spin Studio	Spin Flo	09:30-10:15 Spin Studio	Spin Jane	09:30-10:15 Spin Studio	Spin Flo	09:30-10:15 Spin Studio	Spin Jane	09:30-10:15 Spin studio	Spin Jane Jane	08:15-09:00 Spin Studio	Body Pump Flo	11:00-11:45 Spin Studio	Spin Dale	
	10:30-11:15 Studio	Yoga Maxine	10:30-11:15 Studio	Body Pump Flo	10:30-11:15 Studio	Body Combat Sian	10:30-11:15 Studio	Yoga Maxine	10:30-11:15 Studio	LBT Jane	09:15-10:00 Studio	Body Combat Jo	11:00-11:45 Studio	Step Claire	
											09:15-10:00 Studio	Spin Flo			
DAYTIME 12pm til 5pm	12:30-13:15 Studio	LBT Amy	12:30-13:15 Studio	LBT Amy	12:30-13:15 Studio	LBT Laura G	12:30-13:15 Studio	X - FIT Laura G							
EVENING 5pm til 10pm	17:30-18:00 Studio	Hiit Connor	17:30-18:00 Studio	Core Flo	17:30-18:00 Studio	Hiit Dale	17:15-18:00 Studio	Spin Flo	17:15-18:00 Studio	Hiit Dale					
	18:15-19:00 Spin Studio	Spin Connor	18:15-19:00 Spin Studio	Spin Claire	18:15-19:00 Spin Studio	Spin Dale	18:15-19:00 Spin Studio	Spin Flo	18:15-19:00 Spin Studio	Spin Dale					
	18:20-19:05 Studio	Body Combat Jo	19:15-20:00 Spin Studio	Spin Flo	18:15-19:00 Studio	Combat Martin	18:15-19:00 Studio	Zumba Alex							
	19:15-20:15 Studio	Step Claire	18:15-19:00 Studio	Body Pump Flo Marsh	19:15-20:00 Studio	Yoga Maxine	19:15-20:00 Studio	LBT Flo							
			19:15-20:00 Studio	Zumba Alex											

	CARDIO		MIND/BODY
	STRENGTH		DANCE
	INTERVAL		