

		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
MORNING 6am til 12pm	09:30-10:15	Body Conditioning Caroline Hayes	09:30-10:15	Spin Rebecca Nolan	09:30-10:15	Body Combat Caroline Hayes	09:30-10:15	Spin Toni Elwin	09:30-10:15	Yoga Alison Scorer	08:30-09:15	Body Pump Debbie Sutherland	10:00-10:45	Spin Mike Edmundson	
	10:30-11:15	Body Combat Caroline Hayes	11:00-11:30	Functional Fitness Dave Wade	09:30-10:30	Induction Dave Wade	10:30-11:15	Body Conditioning Connor Rodgerson	10:30-11:15	Body Pump Flo Marsh	09:30-10:15	Body Combat Debbie Sutherland	11:00-12:00	Pilates Su Legg	
	11:00-11:30	Functional Fitness Dave Wade	11:30-12:00	HIIT Chris Needham	10:30-11:15	LBT Caroline Hayes	11:00-11:30	Functional Fitness Dave Wade							
	11:30-12:00	MetaFit Connor Rodgerson			11:00-11:30	Functional Fitness Dave Wade									
					11:30-12:00	HIIT Chris Needham									
DAYTIME 12pm til 5pm															
EVENING 5pm til 10pm	17:30-18:00	HIIT Dale Pearce	17:30-18:00	HIIT Debbie Sutherland	18:15-19:00	Spin Claire Pearce	17:30-18:00	HIIT Debbie Sutherland	17:30-18:00	MetaFit Connor Rodgerson					
	18:15-19:00	Spin Dale Pearce	18:15-19:00	Body Combat Debbie Sutherland	19:15-20:00	Step Claire Pearce	18:15-19:00	Body Combat Debbie Sutherland	18:15-19:15	Induction Connor Rodgerson					
	19:15-20:00	Yoga Alison Scorer	19:15-20:00	Body Pump Debbie Sutherland			19:15-20:00	Body Pump Debbie Sutherland							

	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.