

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING 6am til 12pm	09:30-10:15 Studio	09:30-10:15 Studio	09:30-10:15 Gym Floor	09:30-10:15 Studio	09:30-10:15 Studio	09:00-09:45 Studio	
	Spin Marisa	Circuit Sarah U	Functional Training Jonny P	Body Pump Marisa	Body Pump (LM) Sarah J	Body Pump (LM) Sarah J	
	10:30-11:15 Studio	10:30-11:15 Studio	10:30-11:15 Studio	10:30-11:15 Studio	10:30-11:15 Studio	10:00-10:45 Studio	
	HIIT Marisa	Body Pump (LM) Sarah U	Spin Jonny P	Pilates Marisa	HIIT Sarah J	Body Combat (LM) Sarah J	
						11:00-11:45 Studio	Yogalates Marisa
DAYTIME 12pm til 5pm	16:30-17:15 Studio		16:30-17:15 Studio		16:30-17:15 Studio		
	Circuit Sarah U		Circuit Sarah U		Spin Marisa		
EVENING 5pm til 10pm	17:30-18:15 Studio	17:30-18:00 Studio	17:30-18:00 Studio	17:30-18:00 Studio			
	HIIT Sarah U	HIIT Sarah U	HIIT Sarah U	Spin Marisa			
	18:30-19:15 Studio	18:15-19:00 Studio	18:15-19:15 Studio	18:15-19:00 Studio			
	Spin Sarah U	Body Pump (LM) Leah	Pilates Faye	Body Pump Marisa			
		19:15-20:00 Studio		19:15-20:00 Studio			
	Body Combat (LM) Leah		Yogalates Marisa				

	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.