

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING 6am til 12pm	9:15-10:00	Spin Joanne	09:30 - 10:00 Studio	09:15 - 09:45 Spin Studio	09:30 - 10:00 Studio	09:15 - 10:00 Spin Studio	09:15 - 09:45 Studio	
	10:00 - 10:45	Body Combat Lucy	10:15 - 10:45 Studio	10:00-10:30 Studio	10:15 - 10:45 Studio		10:00 - 10:45 Studio	10:00 - 10:45 Studio
	11:00 - 11:45	Body Pump Lucy	11:00 - 12:00 Studio	10:45-11:45 Studio	11:00 - 11:45 Studio	11:00 - 11:45 Studio	11:00 - 11:45 Studio	
	11:30- 12:00	Gym Induction Personal Trainer		11:30- 12:00 Gym Floor				
DAYTIME 12pm til 5pm								
EVENING 5pm til 10pm			17:15 - 17:45 Studio	17:15-18:00 Studio	17:15 - 17:45 Studio	18:00 - 18:45 Studio		
	18:00- 18:30	Gym Induction Personal Trainer	18:00- 18:30 Gym Floor	18:00 - 18:45 Spin Studio	18:00 - 18:45 Spin Studio	18:00 - 18:45 Spin Studio		
	18:00 - 18:45	Spin Craig	18:00 - 18:45 Spin Studio	18:15-18:45 Studio	18:00 - 18:45 Studio	18:00 - 18:45 Studio		
	18:00 - 18:45	Circuit Joanne	18:00- 18:45 Studio	19:00 - 19:45 Studio	19:00 - 19:45 Studio	19:00 - 19:45 Studio		
	19:00 - 19:45	Clubbercise Christine	19:00 - 19:45 Studio			20:00 - 21:00 Studio		
	20:00-21:00	Yoga Darren						

	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.