

# MONDAY



6.45-7.30 Cycling Chris	9.30-10.15 Legs, Bums, Tums Jenny B	10.15-11.00 Restorative Slow Flow Danielle
9.30-10.15 Cycling Rachel	10.15-10.45 Metafit Jenny B	10.45-11.45 BodyPump Rachel
10.15-11.00 Restorative Slow Flow Danielle	11.00-12.00 BodyBalance Jenny B	
18.00-18.45 Cycling Lynn	17.45-18.30 BodyPump - Rachel	18.00-19.00 Meditation Sally
19.00-19.45 Cycling Rachel	18.45-19.15 Box-fit Hannah	19.00-20.00 Yoga Flow Lyn
	19.15-19.45 Core Hannah	
	20.00-20.30 Aqua Dean	

# TUESDAY



6.45-7.15 Cycling Chris	7.30-8.00 Aqua Fitness - Dean	6.45-7.30 Energising Yoga Flow Danielle
9.40-10.10 Cycling - Lyn	8.30-9.00 HIIT Dean	9.15-10.00 BodyPump - Sarah
	10.15-11.00 Legs, Bums, Tums Lyn	11.15-12.15 Yoga Flow – Lyn
18.00-18.30 Cycling Rachel	18.00-18.30 Metafit - Adam	
	18.45-19.15 Grit Strength Rachel	
	19.30-20.30 BodyCombat Rachel	

# WEDNESDAY



6.45-7.30 Cycling Oliver	9.30-10.00 Core Dan	6.45-7.30 Yoga Flow Jennie
9.40-10.10 Cycling Lyn	10.15-11.00 Studio Strength Lyn	9.30-10.15 Power Yoga Danielle
	17.45-18.30 Zumba Becky	11.15-12.15 Gentle Yoga Flow Lyn
18.00-18.30 Cycling Rachel	18.45-19.15 Grit Cardio Rachel	18.00-18.45 BodyBalance Clare
	19.30-20.30 BodyPump Rachel	

# THURSDAY



6.45-7.15 Cycling Chris	7.30-8.00 Aqua Fitness Chris	6.45-7.30 Wake up Yoga Lyn
9.30-10.15 Cycling Polly	9.15-10.00 HIIT - Dean	10.15-11.00 Pilates Natural Flow Annette
	10.15-11.00 Body Conditioning Dean	11.15-12.00 Pilates Flow Annette
18.00-18.45 Cycling Lyn	17.30-18.15 Cirucuit Training Jenny	18.00-18.45 Hatha Yoga Sandra
19.00-19.45 Cycling Lyn	18.15- 19.00 Legs,Bums & Tums Jenny	19.00-20.00 BodyBalance Jenny B

# FRIDAY



6.45-7.30 Cycling Polly	7.30-8.00 Aqua Fitness Chris	6.45-7.30 Energising Yoga Flow Danielle
9.30-10.15 Cycling Rachel	9.15-10.00 BodyPump Sarah	10.15-11.00 Hatha Yoga Sandra
	10.15-11.00 BodyCombat Sarah	11.15-12.15 Gentle inclusive Yoga Orla
18.00-18.30 Cycling Rachel	18.45-19.30 BodyPump Rachel	

# SAT SUN



9.45-10.30 Cycling Rachel	9.30-10.15 Zumba Becky	9.45-10.45 Yoga Flow Jennie C
	10.45-11.15 Grit Rachel	
9.00-9.45 Cycling Dan	9.45-10.30 Legs,bums &tums Dan	9.30-10.15 Gentle Yoga Flow Lyn
		10.30-11.30 Hatha Yoga Lyn