

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group Cycle 6:45am-7:30am Spin Studio – Polly-	Group Cycling 6:45am-7:15am Spin Studio - Polly	Yoga Flow 6:45am-7:30am Wellness Studio – Jennie	Wake up Yoga 6:45am-7:30am Wellness Studio – Lyn	Group Cycling 6:45am-7:15am Spin Studio - Polly	Yoga Flow 8:30am-9:30am Wellness Studio – Jennie C	Gentle Yoga 9:30am-10:15am Wellness Studio - Lyn
LBT 9:30am-10:15am Studio 1 – Jenny B	Energising Yoga 6:45am-7:30am Wellness Studio - Danielle	Vinyasa Flow 9.30am-10.30am Wellness studio - Lyn	Group Cycling 6:45pm-7:15pm Spin Studio – Kirsty	Energising Yoga Flow 6:45am-7:30am Wellness studio – Danielle		
Group Cycle 9:30am-10:15am Spin Studio – Rachel	Aqua Aerobics 7:45am-8:15am Pool – Polly	Circuits 9:30am-10:15am Studio 1 – Dan	Aqua Aerobics 7:30am-8:00am Pool - Kirsty	Body Pump 9:15am-10:00am Studio 1 - Sarah	Zumba 9:30am-10:15am Studio 1 - Becky	
Metafit 10:15am-10:45am Studio 1 – Jenny B	Body Pump 9:15am-10:00am Studio 1 – Sarah	Group Cycling 9:40am-10:10am Spin Studio – Lyn	Metafit 9:30am-10:00am Studio 1 - Ethan	Group Cycling 9:30am-10:15am Spin Studio – Rachel	Group Cycling 9:45am-10:30am Spin Studio - Rachel	Group Cycling 9:45am-10:30am Spin Studio-Dan
Restorative Slow Flow 10:15am-11:00pm Wellness Studio - Danielle	Group Cycling 9:40am-10:10am Spin Studio – Polly	Studio Strength 10:15am-11:00am Studio 1 – Lyn	Group Cycling 9:30am-10:15am Spin Studio – Polly	Body Combat 10:15am-11:00am Studio 1 – Sarah	Grit 10:45am-11:15am Studio 1 – Rachel	LBT 10:30am-11:15am Studio 1 – Dan
Body Pump 10:45am-11:45am Studio 1 – Rachel	LBT 10:15am-11:00am Studio 1 – Lyn	Gentle Yoga Flow 11:15am-12:15pm Wellness Studio – Lyn	Pilates Natural 10:15am-11:00am Wellness Studio - Annette	Hatha Yoga 10:15am-11:00am Wellness Studio - Sandra		Hatha Yoga 10:30am-11:30am Wellness Studio - Lyn
Body Balance 11:00am-12:00pm Wellness Studio - Jenny B	Yoga Flow 11:15-12:15pm Wellness Studio - Lyn		Circuits 10:15am-11.00am Studio 1 – Ethan			
Body Pump 17:45pm-18:30pm Studio 1 – Rachel	Group Cycle 18:00pm-18:30pm Spin Studio – Rachel	Zumba 17:45pm-18:30pm Studio 1 – Becky	Pilates Flow 11:15am-12:00pm Wellness Studio – Annette	Gentle Inclusive Yoga 11:15am-12:15pm Wellness Studio – Orla		
Group Cycle 18:00pm-18:45pm Spin Studio - Hannah		Group Cycling 18:00pm-18:30pm Spin Studio – Rachel	Circuits 17:30pm-18:15pm Studio 1 – Jenny B			
Yin & Restore 18:00pm-19:00pm Wellness Studio – Lyn		Body Balance 18:00pm-18:45pm Wellness Studio – Claire	Group Cycling 18:00pm-18:45pm Spin Studio – Nora	Group Cycle 18:00pm-18:30pm Spin Studio – Rachel		
Box-Fit 18:45pm-19:15pm Studio 1 – Hannah	Grit Strength 18:45pm – 19:15pm Studio 1 – Rachel	Grit Cardio 18:45pm-19:15pm Studio 1 – Rachel	Hatha Yoga 18:00pm-18:45pm Wellness Studio - Sandra	Body Pump 18:45pm-19:30pm Studio 1 – Rachel		
Group Cycle 19:00pm-19:45pm Spin Studio - Rachel			LBT 18:15pm-19:00pm Studio 1 - Jenny B			
Yoga Flow 19:00pm – 20:00pm Wellness Studio – Lyn			Body Balance 19:00pm-20:00pm Wellness Studio - Jenny B			
Core 19:15pm-19:45pm Studio 1 – Hannah	Body Combat 19:30pm – 20:30pm Studio 1 –Rachel	Body Pump 19:30pm-20:30pm Studio 1 – Rachel				
Aqua Aerobics 20:00pm-20:30pm Pool - Hannah						High Impact Medium Impact Low Impact

