

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Yoga Flow 6:45am-7:30am Wellness Studio – Jennie				
Group Cycle 6:45am-7:30am Spin Studio – Christine	Body blast 6:45am-7:15am Main Studio - Polly	Group Cycling 6:45pm-7:30pm Spin Studio – Nora	Body blast 6:45am-7:15am Main Studio - Polly	Group Cycling 6:45am-7:30am Spin Studio - Chris		
LBT 9:30am-10:15am Studio 1 – Jenny B	Aqua Aerobics 7:45am-8:30am Pool – Polly	Aqua Aerobics 7:45am-8:30am Pool - Nora	Aqua Aerobics 7:45am-8:30am Pool - Steve	Pilates 9.15am-10.10am Wellness - Claire	Jennie Yoga Flow 8:30am-9:30am Wellness –Jennie	
Group Cycle 9:30am-10:15am Spin Studio – Rachel		Circuits 9:30am-10:10am Studio 1 – Dan		Body Pump 9:15am-10:00am Studio 1 - Sarah	Zumba 9:30am-10:15am Studio 1 - Becky	Gentle Yoga 9:30-10:15am Wellness - Lyn
Metafit 10:15am-10:45am Studio 1 – Jenny B	Body Pump 9:30am-10:15am Studio 1 – Kerry	Group Cycling 9:30am-10:15am Spin Studio – Polly		Group Cycling 9:30am-10:15am Spin Studio – Rachel	Group Cycling 9:45am-10:30am Spin Studio - Rachel	
Yin & Restore 10:15-11.00am Wellness Studio - Lyn	Group Cycling 9:30am-10:15am Spin Studio – Polly	Studio Strength 10:15am-11:00am Studio 1 – Lyn	Group Cycling 9:30am-10:15am Spin Studio – Polly	Strength Circuits 10.15am-11.00am Studio 1 – George	Grit 10:45am- 11:15am Studio 1 – Rachel	LBT 10:30am- 11:15am Studio 1 – Dan
Body Balance 11:00am-11.45am Wellness Studio - Jenny B	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 - Annette	Hatha Yoga 10:15am-11:00am Wellness Studio - Sandra		Hatha Yoga 10:30-11:30am Wellness - Lyn
Body Pump 17:45pm-18:30pm Studio 1 – Rachel	Yoga Flow 11:15-12:15pm Wellness Studio - Lyn		Bodyblast 10:20am-11.00am Studio 1 – Polly	Abs Blast 11.00am-11.30am Studio 1 – George		
Group Cycle 18:00pm-18:45pm Spin Studio - Hannah	Group Cycle 18:00pm-18:40pm Spin Studio – Rachel	Zumba 17:45pm-18:30pm Studio 1 – Becky	Pilates Flow 11:15am-12:00pm Wellness Studio – Annette			
Yoga Flow 18:15pm-19:00pm Wellness Studio – Lyn		Group Cycling 18:00pm-18:40pm Spin Studio – Rachel	Circuits 17:30pm-18:15pm Studio 1 – Jenny B			
Hiit 18:45pm-19:15pm Studio 1 – Hannah	Foundation Yoga 18.30pm-19.15pm Wellness Studio Lyn	Body Balance 18:00pm-18:45pm Wellness Studio – Claire	Group Cycling 18:00pm-18.45pm Spin Studio – Steve	Group Cycle 18:00pm-18:40pm Spin Studio – Rachel		
Group Cycle 19:00pm-19:45pm Spin Studio - Rachel	Grit Strength 18:45pm – 19:15pm Studio 1 – Rachel	Grit Strength 18:45pm-19:15pm Studio 1 – Rachel	Hatha Yoga 18:00pm-18:45pm Wellness - Sandra	Body Pump 18:45pm-19:30pm Studio 1 – Rachel		
Yin & Restore 19:15pm – 20:00pm Wellness Studio – Lyn			LBT 18:15pm-19:00pm Studio 1 - Jenny B			
Core 19:15pm-19:45pm Studio 1 – Hannah			Body Balance 19:00pm-19.45pm Wellness Studio - Jenny B			
Aqua Aerobics 20:00pm-20:45pm Pool - Hannah	Body Combat 19:30pm – 20:30pm Studio 1 –Rachel	Body Pump 19:30pm-20:30pm Studio 1 – Rachel				High Impact Medium Impact Low Impact 22 <sup>nd</sup> Feb 2023