

<b>Monday</b>			
9:30am – 10:15am	Aqua fit	Ellie	Pool
9:45am – 10:30am	Legs, Bums & Tums	Penny	Studio 1
10:30am – 11:30am	Body Balance	Cathy	Studio 1
5:30pm – 6:15pm	Body Pump	Becky	Studio 1
6:30pm – 7:15pm	Indoor group cycle	Becky	Gymnasium
6:30pm – 7:30pm	Pilates	Rosie	Studio 1
7:30pm – 8:15pm	HIIT	Andy	Gymnasium
7:45pm – 8:45pm	Zumba	Iryna	Studio 2
8:00pm – 9:00pm	Body Combat	Sarah	Studio 1
<b>Tuesday</b>			
9:45am – 10:30am	Bootcamp	Andy	Sports Hall
10:30am – 11:30am	Gentle Zumba	Iryna	Gymnasium
6:30pm – 7:15pm	Indoor group cycle	Rob	Gymnasium
7:30pm – 8:15pm	Box-Fit	Rob	Studio 2
<b>Wednesday</b>			
9:30am – 10:15am	Aqua fit	Ellie	Pool
9:45am – 10:30am	Functional Fitness	Andy	Gymnasium
6:30pm – 7:30pm	LBT's	Gemma	Studio 2
7:30pm – 8:30pm	Balance Fit	Sue	Studio 1
7:30pm – 8:30pm	Body Combat	Sarah	Studio 2
<b>Thursday</b>			
9:45am – 10:15am	Circuits	Amie	Studio 1
10:20am – 10:50am	Indoor group cycle	Amie	Gymnasium
5:30pm – 6:15pm	Body Attack	Becky	Studio 1
6:30pm – 7:15pm	Body pump	Becky	Studio1
6:30pm – 7:15pm	Indoor group Cycle	Rob	Gymnasium
7:00pm – 8:00pm	Deep Water Aqua	Iryna	Pool
7:30pm – 8:30pm	Fitness Yoga	Rob	Studio 2
<b>Friday</b>			
9:30am – 10:15am	Aqua Fit	Ellie	Pool
9:45am – 10:30am	Indoor group Cycle	Kerri/Penny	Gymnasium
10:30am – 11:00am	Gentle Circuits	Ellie	Studio 1
6:15pm – 7:00pm	Functional Fitness	Andy/Kerri	Studio 1
<b>Saturday</b>			
9:00am-9:45am	Bootcamp	Andy	Sport hall
<b>Sunday</b>			
9:30am – 10:00am	MetaPWR	Becky	Studio 1
10:15am – 11:00am	Indoor Group Cycle	Becky	Gymnasium