

Starting Monday 30th September

KINGSWAY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
09:15 – 10:00	Aqua Pool	Dance Fit Studio 1 Tara	Aqua Pool Sam		Aqua Pool Sam	LBT Studio 1 Sam
09:15 – 10:00			Trigger-point Pilates Studio 1 Tara	Active Power Studio 1 Sam		
10:30 – 11:00	Gentle Tone Studio 1		Abs and Stretch Studio 1 Sam	Gentle Abs Studio 1 Sam	Gentle Tone Studio 1 Sam	
17:45 – 18:15	Active Circuits Tina *45 min class	Active Cycle Studio 1 Sam	Active Cycle Studio 1 Kev	HIIT Step Studio 1 Kamila		
18:30 – 19:15	Step Tina Studio 1	Power Studio 1 Sam	Active Circuits Studio 1 Kev	Zumba Studio 1 Kamila		
19:15 – 20:00				Yoga Studio 2 Dione		
19:15 - 20:00				Aqua Pool Andy		
19:30 – 20:00	Yoga 19:30 - 20:15 Dione		Abs Blast Studio 1 Kev			
19:30-20:00				LBT Studio 1 Kamila		

T&C's apply - classes are subject to change