

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY		
6.45-7.30	RPM	Aislinn	06.45-07.30	Body Pump	Veronica	6.30-7.00	HIIT	Max	7.15-08.00	Hatha Yoga	Bijana	6.45-7.30	RPM	Aislinn	9.15-10.00	Group Cycle	Jennifer	9.00-10.00	Body Attack	Marigold
7.00-7.45	Pilates	Olga F	9.20-10.05	Group Cycle	Jade	7.30-8.00	Sprint Virtual	Virtual	9.20-10.20	Pilates	Angela	9.20-10.05	Group Cycle	Jade	9.05-9.50	Body Pump	Mari	9.15-10.15	Yoga	Oliana
9.20-10.05	Body Pump	Nasreen	9.20-10.10	Body Combat	Mari	9.20-10.05	Body Pump	Dagmar	10.20-11.05	Body Conditioning	Mat	9.20-10.05	Barre Fitness	Shannon	9.55-10.40	Pilates	Elisa	10.00-11.00	Les Mills Core	Marigold
9.25-10.10	Yoga	Kim S	10.20-11.05	Body Conditioning	Jade	9.25-10.10	Barre Fitness	Elisa	10.25-11.25	Hatha Yoga	Tracey-Anne	10.20-11.05	Power Yoga	Sue	10.00-10.45	Body Combat	Melinda	10.25-11.10	Pilates	Oliana
10.20-11.05	Group Cycle	Sharron	10.25-11.10	Pilates	Veronica	9.25-10.10	Group Cycle	Sharron	11.00-11.45	Aqua	Angela	10.20-10.50	HIIT	Jade	10.50-11.35	Body Balance	Mari	11.15-12.00	RPM	Aislinn
10.20-11.05	Legs, Glutes and Core	Nasreen	11.20-12.05	Aqua	Sharron	10.25-11.10	Body Attack	Sophie	11.25-12.10	Group Cycle	Mat	10.25-11.10	Body Pump	Neil	11.05-11.50	Zumba*	Jasmine	14.50-15.50	Vinyasa* Yoga	Sue
11.00-12.00	Cardio Tennis	JP	11.20-12.20	Vinyasa Yoga	Paul	10.25-11.25	Body Balance	Sharron	13.30-14.15	Total Body Workout*	Tara	12.00-12.30	HIIT	Veronica	12.00-12.30	HIIT	Jade	16.00-17.00	Yin Yoga	Sue
11.20-12.05	Dance Fitness	Sharron	12.30-13.15	Body Pump	Sophie	11.20-12.05	Zumba	Kissu	17.15-18.00	Body Conditioning	Jade	12.30-13.15	Aqua	Ivana	12.05.12.50	Barre*	Jasmine	17.45-18.30	The Trip Virtual	Virtual
11.20-12.20	Body Balance	Linda	13.15-14.00	Group Cycle	Mat	13.00-14.00	Introduction to Tennis	Zain	18.00-19.00	Introduction to Padel	JP	13.15-14.15	Pilates	Veronica	14.15-15.00	RPM Virtual	Virtual			
13.15-14.00	Pilates	Angela	18.00-19.00	Cardio Padel	JP	13.15-13.45	HIIT	Jade	18.00-18.30	Sprint Virtual	Virtual	14.15-14.45	Stretch and Mobility	Barbara						
14.15-15.00	RPM Virtual	Virtual	18.15-19.00	Group Cycle	Sharron	13.15-14.00	Vinyasa Yoga	Kim M	18.20-19.05	Dance Fitness	Jade	18.00-18.45	Body Combat	Veronica						
14.15-15.00	Aqua	Angela	18.30-19.15	Les Mills Core	Nasreen	14.05-14.35	Mindful Meditation	Kim M	18.30-19.15	Barre Fitness	Dagmar	18.10-18.55	RPM	Nasreen						
18.00-18.45	Yoga	Jagadamba	19.00-20.00	Adult Swim Squad	Olga P	18.15-19.00	Body Pump	Aislinn	18.45-19.15	HIIT	Michele	19.00-20.00	Yoga	Mark						
18.15-19.00	Body Combat	Michele	19.10-19.55	Barre Fitness	Sharron	18.15-19.15	Yoga	Natalie	19.00-20.00	Adult Swim Squad	Olga P	19.05-19.50	Body Pump	Nasreen						
18.45-19.30	RPM	Louis	19.30-20.15	Circuits	Nasreen	19.10-19.55	RPM	Aislinn	19.15-20.00	MetCon	Jade									
18.45-19.30	Aqua Zumba	Kissu	20.00-20.45	Body Balance	Sharron	19.45-20.30	Pilates	Veronica	19.20-20.20	Body Balance	Michele									
19.15-20.00	Body Pump	Michele																		
19.30-20.30	Pilates	Paula																		

*classes with an asterisk will begin 18th January onwards