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 Virtual Class Children Allowed

 Virtual Class

 Instructor Led Class

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			SATURDAY			SUNDAY	
STUDIOS		STUDIOS		STUDIOS		STUDIOS		STUDIOS			STUDIOS			STUDIOS	
MAIN	SPIN	MAIN	SPIN	MAIN	SPIN	MAIN	SPIN	MAIN	SPIN	GYM FLOOR	MAIN	SPIN	GYM FLOOR	MAIN	SPIN
Body Kombat 6:30-7:00	Spin 6:30-7:05	Circuits (Alex) 6:30-7:30	Spin 6:30-7:05	Circuits 6:30-7:05	Spin 6:30-7:05	Yoga 6:30-7:00	Spin (Neil) 6:30-7:00	Body Blitz 6:30-7:00	Spin 6:30-7:05						
	Spin 7:30-8:10		Spin 7:30-8:05		Spin 7:30-8:05		Spin 7:30-8:05		Spin 7:30-8:05			Spin 8:30-9:05			Spin 8:30-9:05
Yoga 8:30-9:25		Pilates 08:30-09:10		Body Blitz 8:30-9:00		Yoga 8:30-9:05		Pilates 8:30-9:10			Body Kombat 9:00-9:30		Circuits 9:00-10:00	Yoga 9:00-10:00	
Cardio & Core 9:30-10:00	Spin 9:30-10:05	Yoga 9:15-9:55	Spin (Andrew) 9:30-10:00	Body Kombat 9:30-10:05	Spin 9:30-10:05	Circuits 9:30-10:00	Spin 9:30-10:05		Spin 9:30-10:05	Circuits (Jack) 9:30-10:30	Yoga (Yvonne) 10:00-11:00	Spin 10:00-10:35		Cardio & Core 10:00-10:30	Spin 10:00-10:35
		ABS (Andrew) 10:00-10:15									Aerobics (Michelle) 11:10-11:55	Spin (Slavena) 11:00-11:30		Zumba (Michelle) 11:00-12:00	Spin 11:00-11:35
LBT (Steph) 12.30-13:00		Boot Camp (Jack) 12:10-12:55		Yoga (Della) 12:00-13:00		Cardio & Core 12:00-12:30	Spin (Neil) 12:30-13:00			Circuits (Andrew) 13:00-13:30		Spin 13:00-13:35			Spin 13:00-13:35
	Spin (Slavena) 13:00-13:30	Zumba (Michelle) 13:00-13:45	Spin 13:00-13:30		Spin 13:00-13:35	ABS 13:00-13:20			Spin 13:00-13:35	HIIT (Andrew) 13:30-13:45					
Yoga 17:00-17:35	Spin 17:30-18:05	Cardio & Core 17:00-17:30	Spin 17:30-18:05	Circuits (Alex) 17:00-17:50	Spin (Neil) 17:30-18:00	Body Kombat 17:00-17:30	Spin 17:30-18:05	Yoga 17:00-18:00	Spin 17:30-18:05			Spin 16:00-16:35			Spin 16:00-16:35
ABS (Alex) 18:00-18:25		Boxing (Mark) 18:30-19:15		Yoga (Yvonne) 18:00-19:00		Circuits (Andrew) 17:00-17:50		Circuits 18:00-18:35							
Aerobics (Adrienn) 18:30-19:15	Spin 19:00-19:35			LBT (Rachel) 19:00-19:30	Spin 19:00-19:35	Train Insane (Andrew) 18:30-19:00									
Yoga 19:30-20:10			Spin (Neil) 19:30-20:00			LBT (Rachel) 19:00-19:30									
		ABS (Neil) 20:00-20:20				Advanced Padwork (Mark) 20:00-21:00									
						Zumba (Judith) 19:00-20:00	