

07/01/2020



Morning Classes

Evening Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Med ball Core & Bal <i>Studio 3</i> 0930-1000 (Sam)	Freestyle group exercise <i>Studio 3</i> 0930-1000 (Sam)	Bootcamp <i>Studio 3</i> 0930-1000 (Michael)	KettleBell & Abs <i>Studio 3</i> 0930-1000 (Tammy)	HIIT <i>Studio 1</i> 0930-1015 (Sammy)	Circuits Class <i>Studio 3</i> 0930-1015 (Sam)	Les Mills Body Pump <i>Studio 1</i> 0900-1000 (Zoe)
Zumba <i>Studio 1</i> 0930-1015(Jenna)	Body Conditioning & Core <i>Studio 1</i> 1030-1130 (Gabby)	Step Cardio <i>Studio 2</i> 0945-1030 (Wendy)	Les Mills Body Combat <i>Studio 1</i> 0930-1030 (Jo)	Zumba Step <i>studio 1</i> 1035-1135 (Jenna)	Legs Bums & Tums <i>Studio 1</i> 0915-1015 (Jo)	
Step & Sculpt <i>studio 1</i> 1030-1130 (Amanda)					Les Mills Body Attack <i>Studio 1</i> 1020-1120 (Amy)	
Yoga <i>Studio 1</i> 1135-1235 (Louise)					Sh'Bam <i>Studio 1</i> 1125-1210 (Amy)	
		Spin Class <i>Spin Studio</i> 1800-1850 (Amanda)				
Insanity <i>Studio 3</i> 1745-1830 (Jack)	Yoga <i>Studio 1</i> 1745-1845 (Gabby)	Stretch and tone <i>Studio 1</i> 1800-1845 (Jo)	Insanity <i>Studio 1</i> 1745-1815 (Jack)	Zumba <i>Studio 1</i> 1735-1815 (Jenna)		
Les Mills Body Pump <i>Studio 1</i> 1800-1900 (Amy)	Les Mills Body Pump <i>Studio 1</i> 1850-1950 (Jack)	Bootcamp <i>Studio 3</i> 1815-1900 (Michael)	Les Mills Body Attack <i>Studio 1</i> 1820-1910 (Amy)	Les Mills Body Pump <i>Studio 1</i> 1835-1935 (Jack)		
Spin Class <i>Spin Studio</i> 1900-1950 (Amy)	(Class at extra cost) Pole Fitness <i>studio 1</i> 2010-2110	Les Mills BodyCombat <i>Studio 1</i> 1900-2000 (Emma)	(Class at extra cost) Pole Fitness <i>studio 1</i> 2015-2115			