

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					Closed	Closed
		Tone & Sculpt 07:30 - 08:15				
					Spin (30) 08:30-09:15	
			Slow Flow Yoga (Studio) 9.15 - 10.15	Pilates 9:15 - 10:15		Tone & Sculpt 09:00 - 10:00
Morning Power Up (30) 9.30 - 10.00	Pilates 9:30 - 10:30				Pilates 9:30 - 10:30	
				Tone & Sculpt 10:30 - 11:15		Ab Blast 10:00 - 10:30
Spin (30) 10:15-10:45		Corefit 10:00 - 10:30	Corefit Cardio 10.30 - 11.30			
			Stretch & Flex 11.45 - 12.30		Saturday Circuits 11:30 - 12:15	
	Gentle Water Fitness 13.00 - 14.00					
Circuits 17:30 - 18:15			Suspension Training 17.30 - 18.15	Group Weightlifting 17:30 - 18:30		
	BootCamp 18.00 - 18.45	Pilates 18.00 - 19.00				
	Yoga with Gareth 19:00 - 20:00					