

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11:00 OVER 60s CLASS With Chris Studio 1	06:30 MORNING YOGA With Ellen Studio 1				09:30 STEP With Wendy Studio 1	10:30 POWER YOGA With Holly Studio 1
12:15 YOGA With Holly Studio 1	12:30 BODY SHOX With Kerry Studio 1		12:30 REPs and SETS CIRCUITS With Kerry Studio 1		11:00 YOGA 4 RUNNERS With Ali Studio 2	
17:30 YIN YOGA With Alison Studio 1	17:30 PUMP MASH UP With Mark Studio 1	17:30 FIT HAPPENS With Mark Studio 1	17:30 PROJECT BOOTY With Laura Studio 1	17:30 BOXFIT With Lois Studio 1		
17:30 MIX FIT With Wendy Studio 2	17:30 STRONG by ZUMBA With Siobhan Studio 2	17:45 REVOLUTION INDOOR CYCLING With Darren Studio 2	17:45 STEP With Wendy Studio 2	17:45 OPEN ROAD SPINNING With Kerry Studio 2		
17:30 THE GYM METHOD With Lois Gym Floor	18:30 MERCY With Kerry Studio 1	18:30 YOGA With Jodi Studio 1				
18:30 PILATES With Gillian Studio 1	18:30 AQUA ZUMBA With Siobhan Pool					
19:30 TEAM FIT (Seasonal) With Kerry Studio 1	19:30 CANCER & CARDIAC REHAB With Kerry Studio 1					