

MONDAY

Time	Class	Studio	Instructor
06.45-07.30	Express BodyPump*	S1	Kate
09.30-10.00	XCube	GF	Gym team
09.30-10.15	Studio Cycling	SC	Mo
09.30-10.15	Express BodyCombat*	S1	Claire
10.00-10.40	Heavy HIIT	S2	Helen
10.30-11.30	Pilates	S1	Natasha
10.45-11.15	Core Conditioning	S2	Helen
11.30-12.15	Zumba Gold	S2	Jenny
12.30-13.15	Aqua Fit	PL	Jenny
13.30-14.30	Yoga	S1	Becky
18.00-19.00	Circuits	S1	Nusrat
18.00-18.45	Studio Cycling	SC	Martin
18.00-19.00	BodyCombat*	S2	Clare
19.10-19.50	Zumba	S2	Steve
19.10-19.55	Express BodyPump*	S1	Martin
20.00-20.45	Pilates	S2	Dave

TUESDAY

Time	Class	Studio	Instructor
09.15-09.45	Strong Nation	S2	Jenny
09.30-10.00	XCube	GF	Gym team
09.30-10.25	Total Body Tone	S1	Vikki
10.00-10.45	Aqua Fit	PL	Jenny
10.30-11.15	Zumba	S1	Natasha
11.15-12.00	Young at Heart Cycle	SC	Penny
11.15-12.15	Yoga	S2	Justine
16.45-17.25	Kids Zumba (5-9 yrs)	S1	Jenni
18.00-18.45	Studio Cycling	SC	Justine
18.00-18.45	BodyCombat*	S1	Andrew/Clare
19.00-20.00	BodyPump*	S1	Luke
19.15-20.00	Studio Cycling	SC	Rachel
19.30-20.15	Aqua Fit	PL	Jenny
20.10-21.10	BodyBalance*	S1	Kate

WEDNESDAY

Time	Class	Studio	Instructor
06.45-07.30	Studio Cycling	SC	Helen
09.30-10.00	XCube	GF	Gym team
09.30-10.30	BodyPump*	S1	Penny
09.30-10.30	BodyBalance*	S2	Natasha
09.30-10.15	Studio Cycling	SC	Mo
10.50-11.50	Yoga	S1	Laura
18.00-18.45	Barre*	S2	Natalie
18.00-18.45	Studio Cycling	SC	Duncan
18.00-18.45	Express BodyCombat*	S1	Neil
19.00-19.45	Core (45 mins)*	S1	Martin
19.00-19.55	BodyBalance*	S2	Duncan

THURSDAY

Time	Class	Studio	Instructor
06.45-07.30	Studio Cycling	SC	Helen
06.45-07.40	Yoga	S2	Becky
09.15-09.45	Step	S2	Natasha
09.30-10.00	XCube	GF	Gym team
09.30-10.15	Zumba Gold	S1	Jenny
10.25-11.10	Strong Nation	S1	Jenny
11.15-12.15	BodyBalance*	S2	Penny
12.30-13.15	Aqua Zumba	PL	Jenny
17.00-18.00	Kids Karate (5-9 yrs)	S2	Lianne
18.00-18.45	Express BodyAttack*	S1	Leigh
18.00-18.45	Studio Cycling	SC	Martin
18.00-19.00	Kids Karate (10-15 yrs)	S2	Lianne
19.05-19.50	Express BodyPump*	S1	Neil
19.15-20.00	Cardio Pilates	S2	Kate
19.15-20.00	Aqua Zumba	PL	Jenny
20.05-21.05	Pilates	S2	Kate

FRIDAY

Time	Class	Studio	Instructor
09.30-10.15	Studio Cycling	SC	Helen
09.30-10.15	Zumba	S1	Steve
9.30-10.00	XCube	GF	Gym team
10.30-11.30	BodyPump*	S1	Penny
11.45-12.45	BodyBalance	S2	Penny
17.00-18.00	Yoga	S2	Justine
18.00-18.45	Studio Cycling	SC	Rachel
18.15-18.45	Core (30 mins)*	S1	Neil

SATURDAY

Time	Class	Studio	Instructor
08.05-08.50	Studio Cycling	SC	Helen
08.45-09.45	Beginner's Yoga	S2	Justine
09.00-10.00	Circuits	S1	Nus
10.00-11.00	Junior Gym (11-15 yrs)	GF	Gym team
10.30-11.30	Boxercise	S1	Mo
10.30-11.45	Kids Karate (All ages)	S2	Lianne
11.15-12.15	Junior Gym (11-15 yrs)	GF	Gym team
11.35-12.35	BodyBalance*	S1	Natasha

SUNDAY

Time	Class	Studio	Instructor
09.30-10.30	BodyPump*	S1	Luke
10.40-11.10	Core*	S1	Luke
10.45-11.25	Studio Cycling	SC	Rachel
10.45-11.30	Fit Steps	S2	Natalie
11.40-12.40	Pilates	S1	Kate

*Les Mills class

If you book a fitness class and are unable to attend, please make sure you cancel the booking so that the space can be made available to somebody else. Failure to cancel a class booking may result in a 7 day booking ban.