

MONDAY

Time	Class	Studio	Instructor
06:45-07:30	Express BodyPump*	HLC Studio	Kate
08.30-09.30	Pilates**	HLC Multi	Natasha
09:30-10:00	Gym Circuit	HLC GF	Gym team
09.30-10.15	Studio Cycling	VPF SC	Mo
09.30-10.15	Express BodyCombat*	HLC Multi	Claire
10.00-10.40	Heavy HIIT	HLC Club	Olga
10.45-11.15	Core Conditioning	HLC Club	Olga
11.30-12.15	Zumba Gold	HLC Club	Jenny
12.30-13.15	Aqua Fit	VPF PL	Jenny
14.30-15.30	Yin Yoga	HLC Studio	Laura
18.00-19.00	Circuits	BLC Spin	Nusrat
18.00-18.45	Studio Cycling	VPF SC	Martin
18.00-19.00	BodyCombat*	Track	Clare
CANCELLED	Zumba	VPF S2	Steve
CANCELLED	Express BodyPump*	BLC Spin	Martin
20.00-20.45	Pilates	BLC Spin	Dave

TUESDAY

Time	Class	Studio	Instructor
08.35-09.05	Strong Nation**	HLC Studio	Jenny
09:30-10:00	Gym Circuit	HLC GF	Gym team
09.30-10.15	TBT	HLC Multi	Vikki/Duncan
10.00-10.45	Aqua Fit	VPF PL	Jenny
10.30-11.15	Zumba	HLC Multi	Natasha
11.15-12.00	Young at Heart Cycle	VPF SC	Penny
11.15-12.15	Yoga	HLC Club	Justine
16.45-17.25	Kids Zumba (7-11 yrs)	HLC Multi	Jenni
18.00-18.45	Studio Cycling	VPF SC	Justine
18.00-18.45	HIIT Steps	BLC Spin	Mo
19.00-20.00	BodyPump**	BLC	Luke
19.15-20.00	Studio Cycling	VPF SC	Rachel
19.30-20.15	Aqua Fit	VPF PL	Jenny
20.10-21.10	BodyBalance*	HLC Studio	Kate

WEDNESDAY

Time	Class	Studio	Instructor
06.45-07.30	Studio Cycling	VPF SC	Jess
09:30-10:00	Gym Circuit	HLC GF	Gym team
09.30-10.30	BodyPump*	HLC Court	Penny
09.30-10.30	BodyBalance*	HLC Multi	Natasha
09.30-10.15	Studio Cycling	VPF SC	Mo
13.15-14.15	Yoga**	HLC Studio	Laura
18.00-18.45	Barre*	WLC Dance	Natalie
18.00-18.45	Studio Cycling	VPF SC	Duncan
18.00-18.45	Express BodyCombat*	HLC Multi	Neil
19.00-19.45	Studio Cycling	VPF SC	Martin
19.00-19.55	BodyBalance*	HLC Multi	Duncan

* Les Mills class ** New time

THURSDAY

Time	Class	Studio	Instructor
06.45-07.30	Studio Cycling	VPF SC	Duncan
06.45-07.40	Yoga	HLC Studio	Becky
09.15-10.00	Step	HLC Studio	Natasha
09:30-10:00	Gym Circuit	HLC GF	Gym team
09.30-10.15	Zumba Gold	HLC Multi	Jenny
10.25-11.10	Strong Nation	HLC Club	Jenny
12.30-13.15	Aqua Zumba	VPF PL	Jenny
12.45-13.45	BodyBalance* **	Track	Penny
17.00-18.00	Kids Karate (5-9 yrs)	WLC Com	Waqas
18.00-18.45	Express BodyAttack*	HLC Multi	Leigh
18.00-18.45	Studio Cycling	VPF SC	Martin
18.00-19.00	Kids Karate (10-15 yrs)	WLC Com	Waqas
19.05-19.50	Express BodyPump*	BLC	Neil
19.15-20.00	Cardio Pilates	BLC Spin	Kate
19.15-20.00	Aqua Zumba	VPF PL	Jenny
20.05-21.05	Pilates	BLC Spin	Kate

FRIDAY

Time	Class	Studio	Instructor
08.35-09.20	Zumba**	HLC Studio	Steve
09.30-10.15	Studio Cycling	VPF SC	Jess
09:30-10:00	Gym Circuit	HLC GF	Gym team
12.45-13.45	BodyPump*	HLC Studio	Penny
14.00-14.45	BodyBalance*	HLC Studio	Penny
17.30-18.15	Zumba	HLC Multi	Natasha
17.40-18.10	BodyAttack*	WLC Dance	Lee/Leigh
18.00-18.45	Studio Cycling	VPF SC	Rachel
18.15-18.45	Core (30 mins)*	WLC Dance	Neil
18.50-19.35	BodyBalance*	WLC Dance	Neil

SATURDAY

Time	Class	Studio	Instructor
08.05-08.50	Studio Cycling	VPF SC	Jess
CANCELLED	Yoga	S2	Justine
09.00-10.00	Circuits	BLC	Nusrat
10.30-11.30	Boxercise	BLC	Mo
10.30-11.45	Kids Karate (All ages)	WLC Com	Bethany
CANCELLED	Junior Gym (11-15 yrs)	GF	Gym team
11.35-12.35	BodyBalance*	HLC Multi	Natasha

SUNDAY

Time	Class	Studio	Instructor
09.30-10.30	BodyPump*	BLC	Marc
10.40-11.10	Core*	BLC	Marc
10.45-11.25	Studio Cycling	VPF SC	Rachel
10.45-11.30	Fit Steps	WLC Dance	Natalie
11.40-12.40	Pilates	HLC Multi	Kate

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.