

CLASS SCHEDULE

DAY	CLASS	TIME	LOCATION	INSTRUCTOR
MONDAY	Spin (12+)	07:00 - 07:30	Spin Studio	Leisure Team
	Body Pump	09:45 - 10:45	Studio 1	Janet
	Spin (12+)	11:00 - 11:45	Spin Studio	Jennie
	Aqua Fit (12+)	11:00 - 11:30	Pool	Janet
	Aqua Fit (12+)	11:40 - 12:10	Pool	Janet
	Tai Chi	12:30 - 13:30	Studio 2	Patsy
	Hatha Yoga (12+)	12:45 - 14:00	Studio 1	Janice
	Body Pump	18:30 - 19:15	Studio 1	Thomas
	SRC	18:15 - 19:00	Spin Studio	Jennie
	Spin (12+)	19:15 - 20:00	Spin Studio	Anton
	Metafit	19:15 - 19:45	Studio 2	Thomas
	Ladies Lifting	19:15 - 19:45	Studio 1	Neha
TUESDAY	B Kombat	07:00 - 07:30	Studio 2	Darren
	Pilates (advanced)	09:30 - 10:30	Studio 1	Sheena
	Barre Pilates	09:30 - 10:15	Studio 2	Margaret
	HIIT IT	10:00 - 10:30	Gym	Darren
	B Kombat	10:30 - 11:00	Gym	Darren
	Barre Pilates	10:30 - 11:15	Studio 2	Margaret
	Pilates (12+)	10:40 - 11:40	Studio 1	Sheena
	Spin (12+)	11:15 - 12:00	Spin Studio	Leisure Team
	Circuits	17:30 - 18:00	Studio 1	Leisure Team
	Spin (12+)	18:00 - 18:45	Spin Studio	MBPT
	Bootcamp	18:05 - 18:50	Outdoors	Scott
	Tabata & Abs	18:55 - 19:25	Studio 2	Anton
Spin (12+)	18:55 - 19:35	Spin Studio	Scott	
WEDNESDAY	Kettlebell Circuits	07:00 - 07:30	Studio 1	Leisure Team
	FBX	09:45 - 10:15	Studio 2	MBPT
	Zumba	10:15 - 11:15	Studio 1	Maureen
	SRC (12+)	10:30 - 11:15	Spin Studio	Jennie
	Aqua Fit (12+)	11:30 - 12:15	Pool	Janet
	HIIT Step	17:30 - 18:00	Studio 2	Louise
	Body Pump	18:00 - 18:45	Studio 1	Thomas
	Body Attack (12+)	18:45 - 19:30	Studio 1	Thomas
	Pilates (12+)	19:30 - 20:30	Studio 2	Sheena
	Functional Circuits	19:45 - 20:15	Gym	Leisure Team
	THURSDAY	Ultimate Fat Burn	07:00 - 07:30	Studio 1
Step/Pump		09:45 - 10:45	Studio 1	Maureen
Pilates (12+)		11:15 - 12:15	Studio 1	Sheena
Spin (12+)		11:10 - 11:40	Spin Studio	Leisure Team
Stretch		17:30 - 17:55	Studio 1	Leisure Team
Strength Circuits		18:00 - 18:45	Studio 1	Leisure Team
Spin (12+)		18:50 - 19:35	Spin Studio	Leisure Team
Hatha Yoga (12+)		19:30 - 21:00	Studio 1	Janice
FRIDAY	Bowfield Attack	07:00 - 07:30	Studio 1	Leisure Team
	Body Attack (12+)	10:00 - 10:45	Studio 1	Janet
	Spin (12+)	11:00 - 11:30	Spin Studio	Jennie
	Aqua Fit (12+)	11:00 - 11:45	Pool	Janet
	Tai Chi	12:30 - 13:30	Studio 1	Patsy
	Conditioning Circuits	17:50 - 18:35	Studio 1	Leisure Team
	Spin (12+)	18:35 - 19:20	Spin Studio	Leisure Team
SATURDAY	B Kombat	08:30 - 09:00	Studio 2	Darren
	Bootcamp	10:00 - 10:30	Outdoors	Leisure Team
	Spin (12+)	10:30 - 11:00	Spin Studio	Leisure Team
	Yoga	10:30 - 12:00	Studio 1	Janice
	Abs Blitz	11:00 - 11:20	Studio 2	Leisure Team
	Bowfield Pump	17:30 - 18:30	Studio 1	Leisure Team
	Stretch	18:30 - 19:00	Studio 1	Leisure Team
SUNDAY	Circuits	10:00 - 10:30	Studio 1	Leisure Team
	HIIT Step	10:30 - 11:00	Studio 1	Louise
	Strength Circuits	17:00 - 17:45	Studio 1	Leisure Team

Class attendances are regularly monitored & may be subject to change. Classes must have a minimum of 4 persons booked to take place