

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Beginners Circuits 9.00-9.25am Amy (SH)	Zumba 10.30-11.15am Naomi (S)	Circuits 9.00-9.55am Allan (SH)	Spin 5.30-6.15pm Jen (S)	50+ Aerobics 10.00-10.45am Debbi (SH)	Spin 9.15-10.00am Jen (S)	Spin & Strength 10.15-11.10am Amy (S)
Core Conditioning 9.30-9.55am Amy (SH)	Spin 5.30-6.15pm Amy (S)	Core, Back & Relax 10.00-10.55am Claire (S)		Spin 6.00-6.45pm Jen (S)		
50+ Aerobics 10.00-10.45am Jenny (SH)	Hatha Yoga 7.30-9.00pm Anita (S)	Spin 6.00-6.45pm Jen (S)				
Hatha Yoga 1.15-2.15pm Anita (S)		HIIT 7.00-7.45pm Holly (S)				
Spin 5.30-6.15pm Amy (S)						
Fitness Pilates 6.30-7.30pm Sam (S)						
Circuits 7.00-7.55pm Amy (S)						
Fitness Pilates 7.30-8.30pm Sam (S)						

- Calorie Burning
- Muscle Toning & Endurance
- All over body workout
- Re-energise & relax
- Specialist
- Low Impact