

TIME/DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:45		Body Pump 45 Ei		Body Pump 45 Ei	Group Cycle 45 Helen 4th July		
07:00	Gym Circuit Strength & Core 45	Gym Circuit HIIT 45	Gym Circuit Strength & Core 45	Gym Circuit HIIT 45	Gym Circuit Strength & Core 45		
07:45	Body Balance 30 Virtual	Body Attack 30 Virtual	Body Combat 30 Virtual	Grit 30 Virtual	Body Pump 30 Virtual		
08:15						The Trip 45 Virtual	Body Pump 45 Virtual
09:00					Aqua 45 Lia		
09:15	Body Pump 60 Lauren	Barre Fitness 60 Nicola		LBT 60 Jackie		Body Attack 60 Ei	Group Cycling 60 Jack
09:30			Zumba 45 Lia				
10:30	Group Cycling 45 James	Yoga 60 Nicola	Pilates 60 Sylvi	Body Pump 60 Lia	Yoga 60 Katie	Body Pump 60 Jackie	Yoga 60 Jack
10:45			Aqua 45 Lia				
11:15						Gym Circuits HIIT 45	Gym Circuits Strength & Core 45
11:45	Yoga 60 Sylvi	SH Bam 60 Virtual	Body Balance 60 Lia	Sprint 45 Virtual	Pilates 60 Sylvi	Body Balance 60 Jackie	Yoga 60 Jack
13:00	Body Pump 45 Virtual	Pilates 45 Nicola	Body Pump 45 Virtual	Yoga 45 Amelia	Body Pump 45 Virtual	Core 45 Virtual	Core 45 Virtual
14:00	Barre 30 Virtual	Body Pump 45 Virtual	Sh'Bam 45 Virtual	Body Balance 45 Virtual	Barre 30 Virtual	Body Combat 45 Virtual	Grit 30 Virtual
15:00	Body Attack 45 Virtual	Core 45 Virtual	Body Combat 45 Virtual	Body Pump 45 Virtual	The Trip 45 Virtual	Body Pump 45 Virtual	Barre 30 Virtual
17:00	Pilates 45 Nicola	Group Cycle 45 Helen 4th July		Body Attack 45 Ei	Zumba 45 Lilly	Sh'Bam 45 Virtual	Body Pump 45 Virtual
17:15			Body Pump 45 Steph				
18:00	Zumba 45 Lilly	Body Combat 60 Emma			Body Pump 60 Emmi	Core 30 Virtual	Pilates 60 Liane
18:15		Aqua 45 Nicola	Circuits 45 Karine				
19:00				Aqua 45 Lia		The Sprint 45 Virtual	
19:15	Body Pump 60 Emmi	Yoga 60 Nicola	Body Balance 60 Lia	LBT 60 Jackie	Yoga 60 Katie		Body Pump 45 Virtual
	Gym Circuit HIIT 45	Gym Circuit Strength & Core 45	Gym Circuit HIIT 45	Gym Circuit Strength & Core 45	Gym Circuit HIIT 45		
20:00						Body Balance 45 Virtual	
20:30	Body Combat 60 Virtual	Body Pump 60 Virtual	RPM 45 Virtual	Body Balance 60 Virtual	Grit 30 Virtual		Core 30 Virtual
21:00					Core 30 Virtual		

**CLASS KEY:**

Instructor Led Classes



Pool Classes



Virtual Les Mills Classes



Gym Floor Classes

