

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06.30 - 07.00 LBT Main Studio Jen	06.30 - 07.15 RPM Spin Studio Jen	08.50 - 09.50 Pilates Mind and Body Studio Jessica	06.30 - 07.30 Vinyasa Yoga Mind and Body Studio Holly	06.30 - 07.00 Bootcamp Main Studio Holly	08.10 - 08.55 Spin Spin Studio Holly	09.00 - 09.45 RPM Spin Studio Jen
09.15 - 10.00 Spin Spin Studio Holly	06.30 - 07.00 Quick Hiit Fix Gym Floor Lizzie	09.15 - 10.00 Spin Spin Studio Sarah	06.30 - 07.15 RPM Spin Studio Jen	08.00 - 09.00 Hot Yoga Mind and Body Studio Lizzie	09.30 - 10.30 Body Pump Main Studio Sarah	09.45 - 10.45 Body Pump Main Studio Sarah
09.15 - 10.15 Body Pump Main Studio Claire	09.00 - 09.45 Burn Main Studio Stacey	09.15 - 10.15 Body Combat Main Studio Lianne	09.00 - 09.45 Step & Abs Main Studio Kelly	09.00 - 10.00 Body Combat Main Studio Neale	09.00 - 10.00 Vinyasa Yoga Mind and Body Studio Holly	10.00 - 10.45 Pilates Mind and Body Studio Kelly
10.00 - 10.25 Abs Mind and Body Studio Stacey	09.45 - 10.30 Spin Spin Studio Kelly	10.00 - 11.00 PIYO Mind and Body Studio Clare	09.15 - 10.05 Pilates Mind and Body Studio Nikki	09.15 - 10.00 Spin Spin Studio Claire	10.00 - 10.30 Bootcamp Gym Floor Adrian	
10.30 - 11.30 Vinyasa Yoga Mind and Body Studio Sarah	09.45 - 10.45 Rocket Yoga Mind and Body Studio Lizzie	17.30 - 18.15 LBT Main Studio Jen	10.05 - 10.50 Circuits Main Studio Lizzie	10.00 - 11.00 Dynamic Pilates Mind and Body Studio Paula	11.00 - 12.00 Active Functioning Gym Floor Adrian	
11.15 - 12.00 Zumba Main Studio Stacey	09.45 - 10.30 Dance Fusion Main Studio Clare	18.00 - 18.45 Shapes Mind and Body Studio Lianne	10.15 - 11.15 Ashtanga Yoga Mind and Body Studio Sarah	10.05 - 11.05 Shapes & Stretch Main Studio Clare		
17.30 - 18.15 Body Combat Main Studio Jen	10.50 - 11.35 Pilates Mind and Body Studio Kelly	18.15 - 19.00 Spin Spin Studio Gaynor	17.45 - 18.30 Spin Spin Studio Sarah	11.15 - 12.15 Gentle Pilates Mind and Body Studio Paula		
17.30 - 18.30 Deep Stretch Mobility Mind and Body Studio Jane	17.30 - 18.15 Body Pump Main Studio Amanda	18.15 - 19.00 Body Combat Main Studio Jen	18.00 - 19.00 Body Pump Main Studio Jen	17.00 - 18.00 Body Pump Main Studio Sarah Y		
18.00 - 18.30 HIIT Gym Floor Millie	16.30 - 17.30 Hot Yoga Mind and Body Studio Julia	19.00 - 20.00 Vinyasa Yoga Mind and Body Studio Marta	18.00 - 18.55 Beginner Yoga Main Studio Holly W	17.30 - 18.30 Hot Yoga Mind and Body Studio Lizzie		
18.15 - 19.15 Body Pump Main Studio Jen	17.45 - 18.45 Hot Yoga Mind and Body Studio Julia		19.00 - 20.00 Zumba Main Studio Stacey			
18.30 - 19.30 Vinyasa Yoga Mind and Body Studio Marta	18.15 - 19.00 Body Combat Main Studio Amanda		19.00 - 20.00 Vinyasa Yoga Mind and Body Studio Anna			
	19.00 - 20.00 Pilates Mind and Body Studio Nikki					



Group Exercise Class Timetable