

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06.30 - 07.00 LBT Main Studio Jen	06.30 - 07.15 RPM Spin Studio Jen	6.30 - 07.00 HIIT Gym Floor Kev	06.30 - 07.30 Vinyasa Yoga Mind and Body Studio Holly	06.30 - 07.00 HIIT Gym Floor Millie	08.10 - 08.55 Spin Spin Studio Holly	09.00 - 09.45 RPM Spin Studio Jen
09.00 - 10.00 Vinyasa Yoga Mind and Body Studio Lorna	06.30 - 07.00 Quick HIIT Fix Gym Floor Gym Team	08.30 - 09.10 Grit & Grind Main Studio Kev	06.30 - 07.15 RPM Spin Studio Jen	08.00 - 09.00 Hot Yoga Mind and Body Studio Lorna	09.00 - 10.00 Body Pump Main Studio Sarah	09.45 - 10.45 Body Pump Main Studio Sarah
09.15 - 10.00 Spin Spin Studio Holly	09.00 - 09.45 Burn Main Studio Stacey	08.50 - 09.50 Core Power Pilates Mind and Body Studio Jane	09.15 - 10.05 Pilates Mind and Body Studio Nikki	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
09.15 - 10.15 Body Pump Main Studio Claire	09.45 - 10.30 Spin Spin Studio Luci	09.15 - 10.00 Spin Spin Studio Sarah	10.15 - 11.15 Ashtanga Yoga Mind and Body Studio Sarah	09.05 - 10.05 Dynamic Pilates Mind and Body Studio Paula	10.00 - 10.45 Bootcamp Gym Floor Adrian	
10.10 - 10.40 Abs Mind and Body Studio Millie	09.45 - 10.45 Rocket Yoga Mind and Body Studio Lizzie	09.15 - 10.00 Body Combat Main Studio Lianne	17.15 - 18.00 Spin Spin Studio Sarah	09.15 - 10.00 Spin Spin Studio Claire	10.45 - 11.15 Deep Stretch Gym Floor Adrian	
11.15 - 12.00 Zumba Main Studio Stacey	09.45 - 10.30 Dance Fusion Main Studio Clare	10.00 - 11.00 PIYO Main Studio Clare	18.00 - 19.00 Body Pump Main Studio Jen	10.15 - 11.15 Shapes & Stretch Main Studio Clare	11.15 - 11.45 Active Functioning Gym Floor Adrian	
17.30 - 18.15 Body Combat Main Studio Jen	10.50 - 11.35 Pilates Mind and Body Studio Kelly	10.15 - 11.00 Pilates Barre Mind and Body Studio Rali	18.00 - 18.55 Beginner Yoga Main Studio Holly W	10.05 - 11.05 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	17.30 - 18.15 LBT Main Studio Jen	19.00 - 20.00 Vinyasa Yoga Mind and Body Studio Anna	17.30 - 18.30 Hot Yoga Mind and Body Studio Lizzie		
18.15 - 19.15 Body Pump Main Studio Jen	16.30 - 17.30 Hot Yoga Mind and Body Studio Julia	18.15 - 19.00 Spin Spin Studio Gaynor	19.00 - 19.45 Zumba Main Studio Stacey			
18.30 - 19.30 Vinyasa Yoga Mind and Body Studio Marta	17.40 - 18.40 Hot Yoga Mind and Body Studio Julia	18.15 - 19.00 Body Combat Main Studio Jen				
	19.00 - 20.00 Pilates Mind and Body Studio Nikki	19.00 - 20.00 Vinyasa Yoga Mind and Body Studio Marta				



Group Exercise Class Timetable