

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 Boxfit Gym Floor Amber	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 Ellie	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 - 10.30 Lets Lift Main Studio Kiki
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	09.00 - 09.45 Bootcamp Main Studio Kiki	09.00 - 10.00 Body Combat Main Studio Neale	09.00 - 10.00 Vinyasa Yoga Mind and Body Studio Holly	10.00 - 11.00 Pilates Mind and Body Studio Olena
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	09.15 - 10.05 Pilates Mind and Body Studio Nikki	09.05 - 10.05 Dynamic Pilates Mind and Body Studio Olena	10.00 - 10.45 Bootcamp Gym Floor Adrian	
10.05 - 10.35 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	10.15 - 11.15 Ashtanga Yoga Mind and Body Studio Sarah	09.15 - 10.00 Spin Spin Studio Claire	10.15 - 11.00 Pilates Mind and Body Studio Kelly	
11.00 - 11.45 Zumba Main Studio Stacey	09.45 - 10.30 Dance Fusion Main Studio Clare	10.00 - 11.00 PIYO Main Studio Clare	17.15 - 18.00 Spin Spin Studio Sarah	10.15 - 11.15 Strictly Fit Main Studio Clare	10.45 - 11.15 Deep Stretch 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 Tara	18.00 - 19.00 Body Pump Main Studio Jen	10.05 - 11.05 Gentle Pilates Mind and Body Studio Olena	11.15 - 11.45 Active Functioning Gym Floor Adrian	
17.30 - 18.30 Stretch, move & Mobilise Mind and Body Studio Jane	16.30 - 17.30 Hot Yoga Mind and Body Studio Julia	12.30 - 13.30 Gentle Yoga Mind & Body Shona	18.00 - 18.55 Beginner Yoga Main Studio Holly W	17.30 - 18.30 Hot Yoga Mind and Body Studio Lizzie		
17.45 - 18.30 Spin Spin studio Kiki	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			
18.15 - 19.00 Body Pump Heavy Main Studio Jen	17.40 - 18.40 Hot Yoga Mind and Body Studio Julia	18.15 - 19.00 Spin Spin Studio Gaynor	19.00 - 19.45 Zumba Main Studio Heidi			
18.30 - 19.30 Vinyasa Yoga Mind and Body Studio Marta	18.15 - 19.00 Body Combat Main Studio Amanda	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				
		19.00 - 19.30 Body Pump Heavy Mind and Body Studio Jen				



Group Exercise Class Timetable