

MONDAY

6.30 AM 60 MINS
SPIN
MARGARET

10.00 AM 60 MINS
SPIN
LISA

4.00 45 MINS
LEARN TO LIFT
MARTIN

6.00 PM 45 MINS
SPIN
LISA

7.00 PM 45 MINS
PRO KICK
HAZEL

8.00 PM 45 MINS
STRETCH
HAZEL

8.00 PM 45 MINS
**KETTLEBELL
CHALLENGE**
MARTIN

TUESDAY

6.15 AM 45 MINS
SPIN
LYNNE

7.15 AM 45 MINS
SPIN
LYNNE

10.00 AM 60 MINS
YOGA
ELEANOR

12.30 PM 30 MINS
HIIT 30
LYNNE

6.00 PM 45 MINS
PRO BODY
CLAIRE

7.00 PM 45 MINS
SPIN
CLAIRE

7.00 PM 45 MINS
BOXFIT
KENNY

8.00 PM 60 MINS
8TOGREAT
LISA

WEDNESDAY

6.30 AM 60 MINS
HIIT CIRCUITS
GEMMA

10.00 AM 60 MINS
SPIN
GEMMA

5.00 PM 60 MINS
**CARDIO
CHALLENGE**
LYNNE

6.00 PM 45 MINS
SPIN
MARGARET

7.00 PM 45 MINS
PRO KICK
CLAIRE

8.00 PM 60 MINS
PILATES
SAM

THURSDAY

6.30 AM 60 MINS
PRO BODY
LEANNE

7.00 AM 30 MINS
HIIT 30
MARTIN

10.00 AM 60 MINS
HIIT CIRCUITS
LISA

6.00 PM 45 MINS
SPIN
HAZEL

7.00 PM 45 MINS
PRO BODY
HAZEL

8.00 PM 60 MINS
8TOGREAT
LISA

FRIDAY

6.15 AM 60 MINS
SPIN
LISA

10.00 AM 45 MINS
LEARN TO LIFT
MARTIN

5.30 PM 60 MINS
HIIT CIRCUITS
STUART

SUNDAY

9.30 AM 60 MINS
SPIN
CLAIRE

10.45 AM 60 MINS
SUNDAY CIRCUITS
JORDYN

SATURDAY

8.30 AM 60 MINS
BOOTCAMP*
LYNNE

9.45 AM 60 MINS
SPIN
LISA

11.00 AM 60 MINS
8TOGREAT
LISA

* This class will be outside when weather allows

12 NOON 60 MINS
YOGA
JACKIE