

WO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	BIKE-HIIT 07:15 - 08:00 B Michelle N	BODYPUMP™ 07:15 - 08:00 Jordan	BODYATTACK™ 07:15 - 08:00 Jordan	BIKE-HIIT 07:15 - 08:00 B Shreena	BIKE-HIIT 07:15 - 08:00 B Michelle N	BIKE - Beats 10:00 - 10:45 B Tim	
		YOGA 07:30 - 08:30 D Michael		YOGA 07:30 - 08:30 D Ania		BODYPUMP™ 10:50 - 11:50 A Andrew	
LUNCH	BIKE-HIIT 12:45 - 13:15 B Daz	BODYPUMP™ 12:30 - 13:15 A Pshemeck	CORE WHEEL 12:45 - 13:15 A Tony	BODYPUMP™ 12:30 - 13:15 A Matt P	HIIT 12:30 - 13:00 A Jac		
	PILATES 13:00 - 13:45 D Jay	FIGHT KLUB 13:15 - 14:00 A Fight Klub Tribe	BIKE-HIIT 12:45 - 13:15 B Mandi	BIKE - Beats 13:00 - 13:45 B Abe	BODYPUMP™ 13:00 - 13:45 A Jac		
		BROGA® FITNESS YOGA 12:45 - 13:30 D Matt M	BROKEN 13:15 - 13:45 A Tony	YOGA 13:00 - 13:45 D Simon			
	INSANITY® 13:15 - 13:45 A Abbie	BIKE-HIIT 12:45 - 13:15 B Yaw		DRILL 13:15 - 13:45 A Gosia P			
EVENING	3:5:15 17:45 - 18:00 Gym Fitness Team	BARRE 17:50 - 18:30 A Leighton	3:5:15 17:45 - 18:00 Gym Fitness Team	BODYATTACK™ 18:00 - 18:30 A Maddie	BIKE - Sprint 18:15 - 19:00 B Luis		
	BODYATTACK™ 17:45 - 18:30 A Vicky T	3:5:15 17:45 - 18:00 Gym Fitness Team	BODYPUMP™ 17:45 - 18:30 A John S	BIKE - Beats 18:30 - 19:15 B Tim			
	YOGA 18:00 - 19:15 D Frankie	BODYCOMBAT™ 18:30 - 19:30 A Vicky T	BIKE-HIIT 18:00 - 18:45 B Michelle N	BODYPUMP™ 18:30 - 19:30 A Maddie			
	BODYPUMP™ 18:30 - 19:30 A Vicky T	PILATES 18:30 - 19:30 D Fleur	YOGA 18:00 - 19:00 D Michael	YOGA 18:30 - 19:30 D Gandha			
	BIKE-HIIT 18:30 - 19:15 B Gordon	SPINNING® 18:30 - 19:15 B Caroline	FIGHT KLUB 18.35-19.20 A Fight Klub Tribe				

KEY	