

Monday – Fitness Classes	
Time	Session
07:00 – 07:45	Body Combat
09:30 – 10:30	Gentle Exercise
11:30 – 12:30	Yoga Hatha Flow
17:15 – 18:00	Studio Cycling
17:30 – 18:15	Body Combat
17:45 – 18:45	Circuits
18:30 – 19:15	Studio Cycling
18:30 – 19:30	Step Aerobics
19:15 – 20:15	Clubbercise
19:45 – 20:30	Kettlebells

Tuesday – Fitness Classes	
Time	Session
07:00 – 07:45	Studio Cycling
07:15 – 08:00	Gym HIIT
09:30 – 10:15	Body Pump
09:45 – 10:30	Studio Cycling
10:00 – 10:45	Gym Hitt
10:15 – 11:15	Zumba
10:30 – 11:30	Yoga
12:00 – 12:30	Body Pump express
12:35 – 13:05	Body combat express
17:00 – 17:45	Barre
17:15 – 18:15	Yoga
18:00 – 19:00	Circuits
18:00 – 18:45	Studio Cycling
18:00 – 19:00	Legs Bums Tums
19:15 – 20:15	Body Pump
19:15 – 20:00	Dance Fit
19:15 – 20:00	Aqua Aerobics

Wednesday – Fitness Classes	
Time	Session
07:00 – 07:45	Body Pump
07:15 – 08:00	Gym HIIT
09:15 – 10:15	Pilates
10:00 – 10:45	Studio Cycling
10:00 – 10:45	Gym HIIT
10:30 – 11:30	Zumba
11:00 – 11:45	Legs Bums Tums
12:00 – 12:45	Clubbercise
12:30 – 13:15	Pre/Postnatal Pilates
13:30 – 14:30	Pilates
17:00 – 17:45	Body Pump
17:45 – 18:30	Studio Cycling
18:00 – 19:00	Body Combat
18:15 – 19:15	Zumba
19:30 – 20:30	Circuits
19:00 – 19:45	Aqua Aerobics
19:30 – 20:30	Yoga

Thursday - Fitness Classes	
Time	Session
07:00 – 07:45	Studio Cycling
09:30 – 10:15	Body Combat
09:30 – 10:30	Zumba
10:20 – 10:50	Grit Cardio
11:00 – 12:00	Hatha Yoga Flow
11:15 – 12:00	Aqua Aerobics
12:15 – 13:00	Circuits
15:55 – 16:55	Gentle Exercise - Beginners
17:00 – 17:45	Zumba Toning
18:00 – 18:45	Body Pump
18:30 – 19:15	Studio Cycling
18:30 – 19:15	Zumba
19:15 – 20:00	Kettlebells
20:10 – 20:55	Kettlebells

Friday - Fitness Classes	
Time	Session
07:00 – 07:45	Body Combat
09:15 – 09:45	Les Mills Grit Series
09:30 – 10:30	Zumba Gold
10:00 – 10:45	Adaptive Pilates
10:00 – 10:45	Studio Cycle
11:00 – 12:00	Active Life Circuit
13:30 – 14:30	Pilates
17:30 – 18:30	Yoga Vinyasa
18:00 – 18:45	Studio Cycle
18:15 – 19:15	Zumba
19:00 – 20:00	Body Pump

Saturday – Fitness Classes	
Time	Session
08:15 – 09:15	Body Combat
08:45 – 09:15	Les Mills Grit Series
09:30 – 10:15	Studio Cycling
09:30 – 10:30	Step Aerobics
10:00 – 10:45	Gym Hitt
10:35 – 11:20	Active Core
10:45 – 11:45	Body Pump
11:45 – 12:45	Zumba

Sunday – Fitness Classes	
Time	Session
08:15 – 09:00	Body Pump
09:15 – 10:00	Body Combat
10:00 – 10:45	Studio Cycling
10:15 – 11:00	Clubbercise
17:45 – 18:45	Circuits