















































MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>Core HIIT 07:00am Gym Floor</p>	 <p>Group Cycle 06:45am Studio 1</p>	 <p>Strength & Conditioning 07:00am Gym Floor</p>	 <p>Pilates 09:15am Studio 2</p>	 <p>Group Cycle 07:00am Studio 1</p>	 <p>Bootcamp 09:00am Studio 1</p>	 <p>Boxing Circuits 09:30am Studio 1</p>
 <p>Group Cycle 09:15am Studio 1</p>	 <p>Pilates 09:15am Studio 2</p>	 <p>Body Tone 09:15am Studio 1</p>	 <p>Total Body Workout 09:15am Studio 1</p>	 <p>Yoga Vinyasa 09:15am Studio 2</p>	 <p>New to Yoga 09:00am Studio 2</p>	 <p>Les Mills Body Balance 09:30am Studio 2</p>
 <p>New to Pilates 09:15am Studio 2</p>	 <p>Body Pump 09:30am Studio 1</p>	 <p>Yin Yoga 09:15am Studio 2</p>	 <p>Group Cycle 10:10am Studio 1</p>	 <p>HIIT Shape 09:30am Studio 1</p>	 <p>Body Combat 10:00am Studio 1</p>	 <p>Body Pump 10:25am Studio 1</p>
 <p>HIIT LBT 10:10am Studio 1</p>	 <p>Les Mills Body Balance 10:15am Studio 2</p>	 <p>Pilates 10:15am Studio 2</p>	 <p>Les Mills Body Balance 17:45pm Studio 2</p>	 <p>Strictly Dance 10:20am Studio 1</p>	 <p>Tai Chi 10:10am Studio 2</p>	
 <p>New to Yoga 10:15am Studio 2</p>	 <p>Body Combat 10:20am Studio 1</p>	 <p>Body Combat 18:00pm Studio 1</p>	 <p>Group Cycle 18:00pm Studio 1</p>	 <p>Golf Pilates 10:25am Studio 2</p>		
 <p>Les Mills Body Balance 17:30pm Studio 2</p>	 <p>Body Pump 18:00pm Studio 1</p>	 <p>Tai Chi 18:15pm Studio 2</p>	 <p>Functional Circuits 18:30pm Gym Floor</p>	 <p>HIIT Circuits 18:00pm Gym Floor</p>		
 <p>Core Conditioning 17:45pm Studio 1</p>	 <p>New to Yoga 18:30pm Studio 2</p>	 <p>Zumba Glow 18:50pm Studio 1</p>	 <p>Boxing Circuits 18:50pm Studio 1</p>	 <p>Mindfulness & Meditation 18:00pm Studio 2</p>		
 <p>Body Pump 18:25pm Studio 1</p>	 <p>Strength & Conditioning 19:00pm Gym Floor</p>	 <p>Yoga Vinyasa 19:30pm Studio 2</p>	 <p>Freestyle Fitness Yoga 19:15pm Studio 2</p>			

MONDAY



Pilates

18:30pm
Studio 2



Strictly Dance

19:20pm
Studio 1

TUESDAY



Group Cycle

19:00pm
Studio 1

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Valid from 24/01/2022 to 28/01/2022.