

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<i>Gym Floor</i> GYM CIRCUITS 9.15-10.15	<i>Gym Floor</i> EARLY MORNING HIIT 6.30-7.00	<i>Gym Floor</i> GYM CIRCUITS 9.15-10.15	<i>Gym Floor</i> EARLY MORNING HIIT 6.30-7.00	<i>Studio 1</i> LES MILLS BODYCOMBAT 9.20-10.20	<i>Studio 2</i> INDOOR GROUP CYCLE 9.15-10.05	<i>Studio 1</i> YOGA 8.50-9.50
<i>Studio 2</i> INDOOR GROUP CYCLE 9.30-10.30	<i>Studio 1</i> CORE & STRETCH 9.00-9.45	<i>Studio 1</i> BODY BLITZ 9.30-10.30	<i>Studio 1</i> DANCE CARDIO 9.30-10.30	<i>Studio 2</i> INDOOR GROUP CYCLE 9.30-10.30	<i>Studio 1</i> LES MILLS BODYCOMBAT 9.25-10.25	<i>Studio 1</i> TONE ZONE 10.00-11.00
<i>Studio 1</i> LES MILLS BODYCOMBAT 9.30-10.30	<i>Studio 2</i> INDOOR GROUP CYCLE 9.30-10.30	AQUAEROBICS 10.45-11.30	<i>Studio 2</i> INDOOR GROUP CYCLE 9.30-10.30	AQUAEROBICS 10.00-10.45	<i>Studio 1</i> ZUMBA 10.30-11.30	<i>Studio 1</i> PILATES 11.05-12.05
<i>Studio 1</i> DANCE CARDIO 10.40-11.40	<i>Studio 1</i> KICKBOX FIT 9.45-10.40	<i>Studio 3</i> BARRE 10.45-11.45	<i>Studio 1</i> POWER PUMP 10.35-11.35	<i>Studio 1</i> CORE & STRETCH 10.25-11.15	AQUAEROBICS 10.30-11.15	
AQUAEROBICS 11.00-11.45	AQUAEROBICS 10.00-10.45	<i>Studio 1</i> COMBAT FIT 18.25-19.25	<i>Studio 1</i> YOGA 11.45-12.45	AQUAEROBICS 11.15-12.00	<i>Studio 3</i> BARRE 10.30-11.30	
<i>Studio 1</i> YOGA 11.45-12.45	<i>Studio 1</i> POWER PUMP 10.40-11.40	<i>Studio 1</i> ZUMBA 19.30-20.25	<i>Gym Floor</i> TONE-CIRCUIT 18.15-19.15	<i>Studio 1</i> BEG. ZUMBA 11.15-12.15		
<i>Studio 1</i> YOGA 12.55-13.55	<i>Studio 1</i> PILATES 11.45-12.45	<i>Studio 2</i> INDOOR GROUP CYCLE 19.30-20.30	AQUA-FIT 18.30-19.15	<i>Studio 1</i> TOTAL BODY CONDITIONING 18.30-19.30		
<i>Studio 1</i> HIIT BOOTCAMP 18.30-19.30	<i>Studio 1</i> POWER PUMP 18.25-19.25	<i>Studio 1</i> YOGA 20.30-21.30	<i>Studio 1</i> PILATES 19.30-20.30			
<i>Studio 3</i> BARRE 19.00-20.00	<i>Studio 2</i> INDOOR GROUP CYCLE 19.20-20.05		<i>Studio 2</i> INDOOR GROUP CYCLE 19.15-20.00			
<i>Studio 1</i> BOX CIRCUIT 19.30-20.30						