

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<i>Gym Floor</i> <b>GYM CIRCUITS</b> 9.15 - 9.45 Gym Team	<i>Studio 1</i> <b>HIIT</b> 6.30 - 7.00 Gym Team	<i>Gym Floor</i> <b>GYM CIRCUITS</b> 9.15 - 9.45 Gym Team	<i>Gym Floor</i> <b>HIIT</b> 6.30 - 7.00 Gym Team	<i>Studio 1</i> <b>BODYCOMBAT</b> 9.30 - 10.15	<i>Studio 1</i> <b>BODYCOMBAT</b> 09.15 - 10.00	<i>Studio 1</i> <b>YOGA</b> 08.30 - 09.15
<i>Studio 2</i> <b>INDOOR GROUP CYCLE</b> 9.45 - 10.30	<i>Studio 1</i> Legs, Bums, Tums 9.30 - 10.15	<i>Studio 1</i> Core/Stretch 9.30 - 10.15	<i>Studio 2</i> <b>INDOOR GROUP CYCLE</b> 9.30 - 10.15	<b>AQUAEROBICS</b> 10.00 - 10.45	<i>Studio 2</i> <b>INDOOR GROUP CYCLE</b> 09.30 - 10.15	<i>Studio 1</i> <b>POWER PUMP</b> 10.00 - 10.45
<i>Studio 1</i> <b>BODYCOMBAT</b> 9.30 - 10.15	<i>Studio 2</i> <b>INDOOR GROUP CYCLE</b> 9.45 - 10.30	<i>Studio 1</i> <b>BODY BLITZ</b> 10.30 - 11.15	<i>Studio 1</i> <b>POWER PUMP</b> 10.30 - 11.15	<i>Studio 2</i> <b>INDOOR GROUP CYCLE</b> 9.45 - 10.30	<i>Studio 1</i> <b>ZUMBA</b> 10.30 - 11.15	<i>Studio 1</i> <b>PILATES</b> 11.30 - 12.15
<b>AQUAEROBICS</b> 11.00 - 11.45	<b>AQUAEROBICS</b> 10.00 - 10.45	<b>AQUAEROBICS</b> 10.45 - 11.30	<i>Studio 1</i> <b>YOGA</b> 11.45 - 12.30	<i>Studio 1</i> <b>CORE &amp; STRETCH</b> 11.15 - 12.00	<b>AQUAEROBICS</b> 10.45 - 11.30	
<i>Studio 1</i> <b>YOGA</b> 12.30 - 13.15	<i>Studio 1</i> <b>PILATES</b> 11.15 - 12.00	<i>Studio 3</i> <b>BARRE</b> 11.30 - 12.15			<i>Studio 3</i> <b>BARRE</b> 10.45 - 11.30	
<i>Studio 1</i> <b>HIIT BOOTCAMP</b> 18.30 - 19.00	<i>Studio 1</i> <b>POWER PUMP</b> 18.25 - 19.10	<i>Studio 1</i> <b>COMBAT FIT</b> 18.30 - 19.15	<i>Gym Floor</i> <b>TONE-CIRCUIT</b> 18.25 - 19.10			
<i>Studio 3</i> <b>BARRE</b> 19.30 - 20.15	<i>Studio 2</i> <b>INDOOR GROUP CYCLE</b> 19.30 - 20.15	<i>Studio 1</i> <b>ZUMBA</b> 19.30 - 20.15	<i>Studio 2</i> <b>INDOOR GROUP CYCLE</b> 19.20 - 20.05			
		<i>Studio 1</i> <b>YOGA</b> 20.30 - 21.15				