

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

*Studio 2*  
**INDOOR GROUP CYCLE**  
9.25 – 10.10

*Studio 1*  
**Power Pump**  
9.30 - 10.30

*Studio 1*  
**CIRCUITS**  
9.30 - 10.15

*Studio 2*  
**Indoor Group Cycle**  
9.30 – 10.15

*Studio 1*  
**COMBAT**  
9.30 - 10.30

*Studio 1*  
**ZUMBA**  
09.20 - 10.20

*Studio 1*  
**COMBAT**  
9.30 - 10.30

*Studio 2*  
**INDOOR GROUP CYCLE**  
9.45 – 10.30

*Studio 1*  
**Move Mobilise Motivate**  
10:30 - 11:30

*Studio 1*  
**Power Pump**  
10.30 – 11.30

*Studio 2*  
**INDOOR GROUP CYCLE**  
9.45 – 10.30

*Studio 2*  
**INDOOR GROUP CYCLE**  
09.25 - 10.10

*Studio 1*  
**YOGA**  
11.00 - 12.00

*Studio 3*  
**Move Mobilise Motivate**  
10.15 – 11.15

*Studio 1*  
**COMBAT FIT**  
18.20 - 19.20

*Studio 1*  
**YOGA**  
11.45 - 12.45

**Dance & stretch**  
10.45 - 11.45

**Studio 1 Barre**  
10.30 – 11.30

**Studio 1 Pilates**  
11.30 – 12.30

*Studio 3*  
**BARRE**  
18.30 - 19.30

*Studio 1*  
**PILATES**  
11.15 – 12.15

*Studio 1*  
**ZUMBA**  
19.25 - 20.20

*Studio 1*  
**Hiit Bootcamp**  
19.00 - 19.30

*Studio 1*  
**POWER PUMP**  
18.25 - 19.25

*Studio 2*  
**Indoor Group Cycle**  
19.30-20.15