

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Body Blast NEW 6:45am-7:30am Studio 1 – Polly	Group Cycling 6:45am-7:30am Spin Studio – Michael	Group Cycling NEW 6:45am-7:30am Spin Studio – Steve	Group Cycling 6:45am-7:30am Spin Studio - Libby	Group Cycling 6:45am-7:30am Spin Studio - Michael	Jennie NEW Yoga Flow 7.30am-8.15am Wellness-Jennie	
LBT 9:30am-10:15am Studio 1 – Dan T	Aqua Aerobics 7:30am-8:15am Pool – Polly	Yoga Flow 6:45am-7:30am Wellness Studio – Jennie	Hatha Yoga NEW 6:45am-7:30am Wellness Studio – Sandra	Pilates 9.15am-10.10am Wellness - Claire	Jennie Yoga Flow 8:30am-9:30am Wellness –Jennie	
Group Cycle 9:30am-10:15am Spin Studio – Rachel	Group Cycling 9:30am-10:15am Spin Studio – Polly	Group Cycling 9:30am-10:15am Spin Studio – Polly	Aqua Aerobics 7:40am-8:25am Pool – Libby	Group Cycling 9:30am-10:15am Spin Studio – Rachel	Zumba 9:30am-10:15am Studio 1 - Becky	Yoga Flow 9:15-10:15am Wellness - Lyn
Yoga Stretch & Flex 10.00am-10.45am Wellness Studio - Megan	Strength & Tone 9:30am-10:15am Studio 1 – Libby	Circuits 9:30am-10:10am Studio 1 – Dan	Group Cycling 9:30am-10:15am Spin Studio – Polly	Body Conditioning 9.30am-10.15am Studio 1 - Dan	Group Cycling 9:45am-10:30am Spin Studio - Rachel	
Strength 30min Full Body Workout 10:15am-10:45am Studio 1 – Dan	LBT 10:15am-11:00am Studio 1 –Libby	Studio Strength 10:20am-11:00am Studio 1 – Polly	LBT 09.30am -10.15am Studio 1 - Libby	Circuits 10.25-11.10am Studio 1 – Dan	Grit 10:40am-11:10am Studio 1 – Rachel	LBT 10:30am-11:15am Studio 1 – Dan
Strength & Balance 11:00am-12.00pm Wellness Studio - Megan NEW	Hatha Yoga NEW 10.20am-11.05am Wellness Studio - Lyn	Gentle Yoga Flow 11:15am-12:15pm Wellness Studio – Lyn	Pilates Natural 10:15am-11:00am Wellness - Annette	Hatha Yoga 10:15am-11:00am Wellness Studio - Sandra		Hatha Yoga 10:30am-11:30am Wellness - Lyn
Body Pump 17:45pm-18:45pm Studio 1 – Rachel	Yoga Flow 11:15-12:15pm Wellness Studio - Lyn		Body blast 10:20am-11.00am Studio 1 – Polly			
Group Cycle 18:00pm-18:45pm Spin Studio - Hannah	Circuits 17.30pm-18.15pm Studio 1 – Mark	Zumba 17:45pm-18:30pm Studio 1 – Becky	Pilates Flow 11:15am-12:00pm Wellness - Annette			
Yoga Flow 18:15pm-19:15pm Wellness Studio – Lyn	Group Cycle 18.00pm-18.45pm Spin Studio - Rachel	Group Cycling 18:00pm-18:45pm Spin Studio – Rachel	Boxercise NEW 17:30pm-18:15pm Studio 1 – Mark			
HIIT 18:45pm-19:15pm Studio 1 – Hannah	Abs Blast 18.15pm- 18.45pm Studio 1 – Mark	Body Balance 18:00pm-19.00pm Wellness Studio – Claire	Group Cycling 18:00pm-18.45pm Spin Studio – Steve	Group Cycle 18:00pm-18:45pm Spin Studio – Rachel		
Group Cycle 19:00pm-19:45pm Spin Studio - Rachel	Foundation Yoga 18.30pm-19.15pm Wellness Studio Cinda	Grit Strength 18:50pm-19:20pm Studio 1 – Rachel	Hatha Yoga 18:00pm-18:45pm Wellness - Sandra	Body Pump 18:50pm-19:35pm Studio 1 – Rachel		
Yin & Restore 19:20pm – 20:05pm Wellness Studio – Lyn	Grit Strength 18.50pm-19.20pm Studio 1 – Rachel		LBT 18:15pm-19:00pm Studio 1 - Mark			
Core 19:15pm-19:45pm Studio 1 – Hannah						
Aqua Aerobics 20:00pm-20:45pm Pool – Hannah	Body Combat 19:25pm – 20:25pm Studio 1 –Rachel	Body Pump 19:25pm-20:25pm Studio 1 – Rachel				High Impact Medium Impact Low Impact 8th Jan 2024