

Monday				
Time	Class	Studio	Instructor	LiveStream
0700-0745	Group Cycle	Studio 2	Fitness Team	
0930-1015	Legs, Bums, Tums	Studio 1	Lou	
1025-1125	Pilates	Studio 1	Lou	
1115-1215	Barre	Studio 3	Katy	Yes
1230-1300	Circuits	Studio 1	Fitness Team	
1230-1330	Yoga	Studio 3	Katy	Yes
1700-1800	Body Attack	Studio 1	Katie	
1700-1800	Group Cycle	Studio 2	Chris	
1715-1745	Metafit	Studio 3	Huw	
1810-1910	Body Combat	Studio 1	Sam	
1810-1910	Yoga	Studio 3	Paulene	Yes
1920-2020	Body Pump	Studio 1	Emma	
1930-2015	Circuits	Studio 3	Fitness Team	

Tuesday				
Time	Class	Studio	Instructor	LiveStream
0700-0745	BoxHiit	Studio 1	Fitness Team	
0930-1030	Over 50's Fitness	Studio 3	Jo B	Yes
1035-1135	Stretch/Pilates	Studio 3	Jo B	Yes
1230-1315	Body Pump	Studio 1	Kate	
1230-1300	Group Cycle	Studio 2	Fitness Team	
1305-1325	Abs	Studio 3	Fitness Team	
1700-1800	Body Attack	Studio 1	Kate	
1715-1800	Group Cycle	Studio 2	Jo B	
1800-1900	Outdoor Conditioning	Outside	Fitness Team	
1810-1910	Zumba	Studio 1	Jo B	
1810-1910	Body Combat	Studio 3	Neil	Yes
1920-2020	Legs, Bums, Tums	Studio 1	Fiona	
1920-2020	Body Balance	Studio 3	Neil	Yes

Wednesday				
Time	Class	Studio	Instructor	LiveStream
0700-0745	Group Cycle	Studio 2	Fitness Team	
0840-0925	Aqua	Pool	Jo B	
0955-1055	Legs, Bums, Tums	Studio 1	Lou	
1100-1145	Pilates	Studio 3	Chris T	Yes
1230-1300	Hiit	Studio 1	Fitness Team	
1715-1745	Metafit	Studio 1	Huw	
1750-1835	Group Cycle	Studio 2	Alice	
1810-1910	Body Pump	Studio 1	Emma	
1810-1910	Body Combat	Studio 3	Sam	
1920-2020	My Kind of Yoga	Studio 1	Emma	
1920-2020	Body Attack	Studio 3	Kate	Yes

Thursday				
Time	Class	Studio	Instructor	LiveStream
0700-0745	Body Pump	Studio 1	Katie	
0700-0730	Hiit	Studio 3	Fitness Team	
0930-1015	Over 50's Fitness	Studio 1	Jo B	Yes
1020-1120	Pilates Miniball	Studio 3	Jo B	Yes
1230-1330	Legs, Bums, Tums	Studio 1	Lou	
1230-1300	Group Cycle	Studio 2	Fitness Team	
1305-1325	Abs	Studio 3	Fitness Team	
1700-1800	Body Combat	Studio 3	Danny	Yes
1715-1800	Group Cycle	Studio 2	Chris	
1800-1900	Outdoor Conditioning	Outside	Fitness Team	
1810-1910	Body Pump	Studio 1	Elle	
1810-1910	Body Balance	Studio 3	Fiona	Yes
1920-2020	Zumba FitSteps	Studio 1	Christine	
1920-2020	Body Attack	Studio 3	Fiona	Yes

Friday				
Time	Class	Studio	Instructor	LiveStream
0700-0745	Group Cycle	Studio 2	Jo B	
0930-1015	Group Cycle	Studio 2	Fitness Team	
0930-1015	Zumba	Studio 3	Jo B	Yes
1020-1105	Body Balance	Studio 1	Chris	
1200-1245	Pilates	Studio 3	Lou	Yes
1250-1315	Stretch	Studio 3	Lou	Yes
1700-1800	Body Balance	Studio 1	Emma	
1700-1800	BoxHiit	Studio 3	Mike	
1800-1845	Group Cycle	Studio 2	Fitness Team	
1810-1910	Body Pump	Studio 1	Sam	
1810-1910	Body Attack	Studio 3	Kate	Yes
1920-2020	Body Combat	Studio 1	Sam	

Saturday				
Time	Class	Studio	Instructor	LiveStream
0900-1000	Body Pump	Studio 1	Emma	
0900-1000	Body Attack	Studio 3	Neil	Yes
1000-1045	Gym Circuits	Gym	Fitness Team	
1010-1110	Zumba FitSteps	Studio 1	Christine	
1010-1110	Body Balance	Studio 3	Emma	Yes
1015-1115	Group Cycle	Studio 2	Chris	
Sunday				
Time	Class	Studio	Instructor	LiveStream
0900-1000	Body Pump	Studio 1	Sam	
0915-1015	Legs, Bums, Tums	Studio 3	Fiona	Yes
1015-1115	Body Combat	Studio 1	Sam	
1020-1120	Body balance	Studio 3	Fiona	Yes