



CLASS TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SPIN 7.15AM WITH SARH	METCON 6.10AM WITH RAZ		METCON 6.10AM WITH RAZ			
SPIN 8.15AM WITH SARAH	SPIN 7.15AM WITH SARAH	SPIN 7.15AM WITH EMMA	VELOCITY 7.15AM WITH GARETH	VELOCITY 7.15AM WITH MABEL	SPIN 8.15AM	SPIN 8.30AM WITH JONATHAN
MOVE FREELY 8.15AM WITH SANDY	ONE BODY STRENGTH 7.00AM WITH EMMA	VELOCITY 7.15AM WITH CHLOE	ONEBODY STRENGTH 7.00AM WITH EMMA	SPIN 8.00AM WITH SARAH	BODYATTACK 9.00AM WITH JONATHAN	BODYPUMP 9.30AM WITH ADELA
LBT 9.15AM WITH SARAH	TOTAL TONE 8.15AM WITH SARAH	VINYASSA FLOW YOGA 7.15AM WITH CLAIRE ROO	DANCE FIT 8.00AM WITH KIARA	BODYPUMP 8.15AM WITH CLAIRE	SPIN 9.15AM	SPIN 9.30AM WITH JONATHAN
SPIN 9.15AM WITH CLAIRE	HATHA YOGA 9.15AM WITH CHLOE	PEAK POSTURE 8.15AM WITH EMMA	SPIN 8.00AM WITH REBECCA	VELOCITY 9.00AM WITH MABEL	BODYPUMP 10.15AM REBECCA/ JONATHAN	YOGA 10.45AM WITH CHLOE
YOGA 9.30AM WITH CHLOE	SPIN 9.30AM WITH CLAIRE	SPIN EXPRESS 8.30AM WITH JO	PIYO 9.00AM WITH REBECCA 82563632011	SPIN 9.00AM WITH SARAH		YOGA 11.45AM WITH CHLOE
PILATES 10.15AM WITH JO	BODYPUMP 10.30AM WITH CLAIRE	SPIN 9.15AM WITH JO	SPIN 9.00AM WITH KIARA	METAFIT 9.30AM WITH CLAIRE		
LIFT 10.15AM TILLY+ MARCUS	PILATES 11.30AM WITH ELE	BODYPUMP 9.30AM WITH CALIRE	POWER UP 9.30AM WITH ELE	PILATES 10.15AM WITH JO		
EASY RIDER (SPIN) 10.15AM WITH CLAIRE	EASY RIDER (SPIN) 12PM	EASY RIDER (SPIN) 10.45AM WITH CALIRE	PILATES 10.00AM WITH REBECCA	EASY RIDER (SPIN) 1PM		
PILATES 11.20AM WITH JO		YOGA 10.45AM WITH SANDI	LIFT 10.15AM TILLY+ MARCUS			
BEGINNERS YOGA 12PM	BODYPUMP 5.30PM WITH CLAIRE		PULSE PILATES 11AM WITH ELE	PILATES 5.15PM WITH EUGENIE		
PILATES 1PM WITH MICHELLE	SPIN 5.30PM WITH GARETH	PILATES 5.15PM WITH EUGENIE		VELOCITY 6.00PM WITH TILLY		
PEAK POSTURE 4.30PM WITH EMMA	SPIN EXPRESS 6.30PM WITH GARETH		BODYPUMP 5.30PM WITH JONATHAN 81417268938	ALAIN YOGA 6.15PM WITH EMMA		
BODYATTACK 5.30PM WITH JONATHAN	VELOCITY 6.30PM WITH MABEL	BODYPUMP 6.15PM WITH CLAIRE	SPIN 5.30PM WITH GARETH			
SPIN EXPRESS 5.45PM WITH EMMA	YOGA 6.45PM WITH CLAIRE	PILATES FOUNDATIONS 6.15PM WITH EUGENIE	PILATES 6.45PM WITH EUGENIE			
BOXERCISE 6.30PM WITH JONATHAN	PILATES 7.30PM WITH JO	SPIN 6.00PM WITH ABI	SPIN 6.45PM WITH JONATHAN			
SPIN 6.30PM WITH EMMA		VINYASSA YOGA 7.25PM WITH CALIRE ROO	ADVANCED PILATES 7.45PM WITH SANDY			
VELOCITY 7.00PM WITH MABEL						
PURE STRETCH 7.30PM WITH EMMA						