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|--|--|--|---|--|---|---|
|  Group Cycle 07:00am Spin Studio |  Strength Circuits 06:45am Studio 1 |  Conditioning Circuits 06:45am Studio 1 |  Group Cycle 07:00am Spin Studio |  HIIT 07:00am Studio 1 |  Group Cycle 09:15am Spin Studio |  HIIT Circuits 09:00am Studio 1 |
|  Power Yoga 08:30am Studio 2 |  Power Yoga 07:00am Studio 2 |  Fitness Pilates 08:30am Studio 2 |  Pilates 08:30am Studio 2 |  Pilates 07:00am Studio 2 |  Pilates 09:30am Studio 2 |  Group Cycle 09:30am Spin Studio |
|  Aqua 09:00am Pool |  Pilates 08:30am Studio 2 |  Legs, Bums and Tums 09:30am Studio 1 |  Aqua 09:00am Pool |  Yoga 08:30am Studio 2 |  Bootcamp 09:45am Outside 2 |  Les Mills Body Balance 10:00am Studio 2 |
|  Body Pump 09:30am Studio 1 |  Body Combat 09:30am Studio 1 |  Group Cycle 09:30am Spin Studio |  Body Pump 09:30am Studio 1 |  Aqua 09:00am Pool |  Body Attack 10:00am Studio 1 |  Body Pump 10:00am Studio 1 |
|  Group Cycle 09:30am Spin Studio |  Stability Ball 09:30am Studio 2 |  Les Mills Sh'Bam 10:30am Studio 1 |  Group Cycle 09:30am Spin Studio |  Body Attack 09:15am Studio 1 |  Yoga Vinyasa 10:30am Studio 2 |  Yoga Vinyasa 11:00am Studio 2 |
|  Les Mills Body Balance 09:30am Studio 2 |  Group Cycle 10:15am Spin Studio |  Yoga Vinyasa 10:30am Studio 2 |  Les Mills Body Balance 09:30am Studio 2 |  Pilates 09:30am Studio 2 |  Body Pump 11:00am Studio 1 |  Body Combat 11:00am Studio 1 |
|  Core Conditioning 10:25am Studio 1 |  Body Conditioning 10:30am Studio 1 |  Aqua 10:45am Pool |  Body Conditioning 10:30am Studio 1 |  Group Cycle 09:30am Spin Studio |  Zumba 12:00pm Studio 1 |  Fitness Pilates 16:00pm Studio 2 |
|  Yoga Vinyasa 10:30am Studio 2 |  Pilates 10:30am Studio 2 |  Tai Chi 12:40pm Studio 2 |  Yoga Hatha 10:30am Studio 2 |  Body Pump 10:00am Studio 1 | | |

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|--|--|--|----------|--------|
|  Step 11:00am Studio 1 |  Aqua 11:00am Pool |  Low Energy Group Cycle 13:15pm Spin Studio |  Body Combat 11:30am Studio 1 |  Body Conditioning 11:00am Studio 1 | | |
|  Pilates 11:30am Studio 2 |  Step & Tone 11:30am Studio 1 |  Aqua 13:30pm Pool |  Fit and Fun 12:35pm Studio 1 |  Les Mills Body Balance 11:55am Studio 2 | | |
|  Zumba 13:00pm Studio 1 |  Yoga Vinyasa 12:30pm Studio 2 |  Pilates 14:30pm Studio 2 |  Aqua 13:15pm Pool |  Les Mills Sh'Bam 12:40pm Studio 1 | | |
|  Pilates 13:30pm Studio 2 |  Aqua 12:40pm Pool |  Core Conditioning 17:55pm Studio 1 |  Pilates 14:00pm Studio 2 |  Yoga Restorative 12:45pm Studio 2 | | |
|  Group Cycle 16:00pm Spin Studio |  Strength & Conditioning 13:00pm Studio 1 |  Group Cycle 18:00pm Spin Studio |  Body Conditioning 16:00pm Studio 1 |  Zumba 17:00pm Studio 1 | | |
|  Body Combat 17:30pm Studio 1 |  Fit and Fun 14:00pm Studio 1 |  Yoga Hatha 18:00pm Studio 2 |  Body Pump 17:30pm Studio 1 |  Group Cycle 18:00pm Spin Studio | | |
|  Pilates 18:00pm Studio 2 |  Mindfulness & Meditation 14:00pm Studio 2 |  Body Combat 18:30pm Studio 1 |  Pilates 18:30pm Studio 2 |  Les Mills Body Balance 18:00pm Studio 2 | | |
|  Body Conditioning 18:20pm Studio 1 |  HIIT 16:00pm Studio 1 |  Golf Pilates 19:00pm Studio 2 |  Body Combat 18:30pm Studio 1 |  Body Pump 18:00pm Studio 1 | | |

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|---|--|--------|----------|--------|
|  <p>Group Cycle</p> <p>18:30pm Spin Studio</p> |  <p>Group Cycle</p> <p>17:30pm Spin Studio</p> |  <p>Body Pump</p> <p>19:20pm Studio 1</p> |  <p>Group Cycle</p> <p>18:30pm Spin Studio</p> | | | |
|  <p>Les Mills Body Balance</p> <p>19:00pm Studio 2</p> |  <p>Body Pump</p> <p>17:30pm Studio 1</p> |  <p>Aqua</p> <p>19:30pm Pool</p> |  <p>Group Cycle</p> <p>19:30pm Spin Studio</p> | | | |
|  <p>Body Pump</p> <p>19:10pm Studio 1</p> |  <p>Pilates</p> <p>18:00pm Studio 2</p> | |  <p>Yin Yoga</p> <p>19:30pm Studio 2</p> | | | |
| |  <p>Les Mills Tone</p> <p>18:20pm Studio 1</p> | |  <p>Body Jam</p> <p>19:30pm Studio 1</p> | | | |
| |  <p>Group Cycle</p> <p>18:30pm Spin Studio</p> | | | | | |
| |  <p>Yoga Vinyasa</p> <p>19:00pm Studio 2</p> | | | | | |
| |  <p>Body Attack</p> <p>19:10pm Studio 1</p> | | | | | |

Valid from 17/01/2022 to 21/01/2022.