

	MON	TUE	WED	THU	FRI	SAT	SUN
8:00							
9:00	LesMills Grit with Syzmon 9:00 - 9:30	Circuits with Pippa 9:00 - 9:30	Core with Nathan 8:45 - 9:30	LesMills Bodypump with Jo 8:45 - 9:30	LesMills Grit with Syzmon 9:00 - 9:30		Zumba with Eva 9:00 - 10:00
10:00	Aerobics with Louise 9:30 - 10:15	Pilates with Manous 9:30 - 10:20	Aerobics with Louise 9:30 - 10:15	Pilates with Jo 9:30 - 10:30	Aerobics with Louise 9:30 - 10:15		
11:00	Yoga with Louise 10:20 - 11:35	Pilates with Manous 10:20 - 11:05	Zumba Gold with Eva 10:15 - 11:00	Pilates with Jo 10:30 - 11:30	Aerobics with Louise 10:20 - 11:05	Zumba with Eva 10:00 - 11:00	
12:00	Aqua Aerobics with Mel 11:35 - 12:20		Yoga with Rahul 11:30 - 12:15	Aqua Aerobics with Mel 11:15 - 12:00	Aqua Aerobics with Mel 11:00 - 11:45		
13:00				Yoga with Christina 12:30 - 13:15			
14:00							
15:00							
16:00							
17:00	LesMills Bodypump with Vicky 17:30 - 18:15		LesMills Bodypump with Pamela 17:30 - 18:15	LesMills Grit with Syzmon 17:30 - 18:00			
18:00	LesMills Bodypump with Vicky 18:30 - 19:15	Core with Harriet 18:00 - 18:45	LesMills Bodypump with Pamela 18:20 - 19:05	LesMills BodyBalance with Ellie 18:00 - 18:45	Core with Pippa 18:00 - 18:45		
19:00	Yoga with Rahul 19:15 - 20:00	Aqua Aerobics with Mel 19:00 - 19:45	LesMills BodyBalance with Ellie 19:00 - 19:45	Aqua Aerobics with Mel 19:00 - 19:45	Yoga with Christina 18:45 - 19:30		
20:00							