

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:30 - 08:15 Circuits <i>Taylor</i>	07:30 - 08:15 HIIT <i>Taylor</i>	07:30 - 08:15 Spin <i>Joe</i>	08:20 - 09:00 Pilates <i>Ali</i>	07:30 - 08:15 Spin & Strength <i>Joe/Taylor</i>		
	08:20 - 09:00 Pilates <i>Ali</i>					
12:00 - 12:45 Cardio Core <i>Louisa</i>	12:15 - 12:45 Express Core (Gym) <i>Andy</i>	12:15 - 12:45 Express H.I.I.T (Gym) <i>Andy</i>	12:00 - 12:45 Yoga Shred <i>Louisa</i>	12:00 - 12:45 H.I.I.T		
13:00 - 14:00 Dynamic Yoga Flow <i>Louisa</i>	13:00 - 13:45 Pumpercise <i>Zoe</i>	13:00 - 13:50 Low Impact Workout <i>Kat</i>		12:45 - 13:15 Express Weights (Gym) <i>Andy</i>		
				16:00 - 17:00 High/Low Aerobics <i>Louisa</i>		
17:10 - 17:55 Spin <i>Joe</i>	17:00 - 17:55 Dance Fitness <i>Louisa</i>	17:00 - 17:55 Step <i>Louisa</i>	17:30 - 18:30 Fighting Fit <i>Kat</i>	17:05-18:00 STOTT Pilates <i>Louisa</i>		