

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	07:30 - 08:15 Force Conditioning Taylor <small>*Starting 29th Jan</small>	07:30 - 08:15 Spin Joe	07:30 - 08:15 Yoga Shred Louisa	07:30 - 08:15 Spin & Strength Joe/Taylor	09:00 - 09:45 Kettlercise Zoe/Sarah	11:00 - 12:00 Les Mills Body Combat I-Tasha
	08:20 - 09:00 Pilates Ali	08:20 - 09:00 Pilates Bobbi	08:20 - 09:00 Pilates Bobbi	08:20 - 09:00 Les Mills Body Balance Sorcha		
		09:00 - 10:00 Relaxation & Mindfulness Class Kat				
12:00 - 12:45 Cardio Core Louisa	12:00 - 12:45 Body Conditioning Zoe	12:00 - 13:00 Freestyle Weights Kat	12:00 - 13:00 Dynamic Yoga Flow Louisa	12:00 - 12:45 H.I.I.T Conditioning Zoe		
13:00 - 14:00 Dynamic Yoga Flow Louisa	13:00-13:45 Pumpercise Zoe	13:00 - 13:50 Low Impact Workout Kat	13:10 - 14:00 Pilates Belle	13:00 - 13:45 Fitball Zoe		
			14:05 - 15:05 Legs, Bums & Tums Belle			
16:00 - 16:50 Pilates Ali		16:00 - 16:45 Weights Circuit Taylor		16:00 - 17:00 High/Low Aerobics Louisa		
17:10 - 17:55 Spin Joe	17:00 - 17:55 Dance Fitness Louisa	17:00 - 17:55 Step Louisa	17:00 - 17:55 Kettlercise Sarah/Zoe	17:05-18:00 STOTT Pilates Louisa		
18:00 - 19:00 Legs, Bums & Tums Kat	18:00 - 18:55 Dynamic Yoga Flow Louisa	18:00 - 18:55 Hatha Yoga Louisa	18:00 - 19:00 Fighting Fit Kat	19:00 - 19:55 Les Mills Body Combat Sorcha		
			19:00 - 20:00 Dance Fitness Kat			