

| 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> | | |
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| | | | | 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> | | |
| | | 18:00 - 18:55 Hatha Yoga <i>Louisa</i> | | | | |