



CLASS TIMETABLE

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
07:30 - 08:00	Indoor Cycling Vikki G	07:00 - 07:45	Wake Up & Restore Victoria C	07:30 - 08:15	Indoor Cycling Mel	07:30 - 08:00	Indoor Cycling Alex R	09:00 - 09:45	Aqua Jacqui	09:30 - 10:15	Total Body Blitz Victoria C	09:30 - 10:15	Bootcamp Lewis P
08:00 - 08:45	Pilates Jacqui	08:00 - 08:45	Combat Fitness Victoria C	09:00 - 09:45	Weights Alex R	07:00 - 07:45	The Morning Crew Verity	10:00 - 10:00	Pilates Lucy G	10:00 - 10:00	Circuits Jake	09:30 - 10:15	Indoor Cycling Josh B
08:15 - 08:45	Core Vikki G	08:15 - 08:45	Spin Express Joanna J	09:00 - 09:45	LBT Zannah C	08:00 - 08:45	Pilates Jacqui	09:15 - 10:00	HiLo Vikki G	10:30 - 11:15	Stretch & Flow Victoria C	10:30 - 11:15	Boxercise Josh B
09:00 - 09:45	Aqua Jacqui	09:00 - 09:45	Aqua Tone Victoria C	09:30 - 10:30	Pilates Zannah C	08:30 - 09:00	Core Conditioning Alex R	09:15 - 10:00	Indoor Cycle Jo L	10:05 - 11:20		11:30 - 12:15	HIIT Lewis P
09:00 - 10:00	Hatha Jennifer J	09:00 - 10:00	Hatha Joanna J	09:55 - 10:25	Rebounding Zannah C	09:00 - 09:45	Aqua Jacqui	10:00 - 10:00	HIIT Alex R	10:15 - 10:45		17:30 - 18:15	Hatha Flow Joanna J / Joep
09:00 - 09:45	Indoor Cycling Vikki G	09:00 - 09:45	Zumba Louise T	10:00 - 10:45	Core Alex R	09:15 - 10:00	Pilates Joanna S	10:05 - 10:00	Hatha Zannah C	11:15 - 11:45			
09:00 - 09:45	Studio Strength Alex R	09:15 - 10:00	Bootcamp Abby	10:30 - 11:00	Full Body Sculpt Vikki G	09:15 - 10:00	Weight Training Alex R	10:15 - 10:45	Indoor Cycle Vikki G	11:30 - 11:45			
10:00 - 10:45	HiLo Vikki G	10:00 - 10:30	Rebounding Vikki G	11:00 - 11:45	Cardio Tennis Michael C	09:15 - 09:45	Rebounding Vikki G	11:00 - 11:00	Muscle Blitz Jo L	12:00 - 12:00			
10:00 - 10:45	Total Body Blitz Alex R	10:15 - 11:15	Hatha Joanna J	11:20 - 12:10	Tai chi Glenn	10:00 - 10:30	Core and Stability Vikki G	10:15 - 10:45	Core Alex R	12:05 - 12:35			
11:00 - 11:45	Yogalates Vikki G	10:45 - 11:30	Weight Training Vikki G	11:30 - 12:00	Indoor Cycling Vikki G	11:00 - 11:00	Circuits Alex R	11:15 - 11:15	Combat Fitness Vikki G	12:30 - 12:30			
11:00 - 12:00	Hatha Flow Zannah C	11:30 - 12:30	Pilates Zannah C	12:15 - 13:00	Yogalates Vikki G	10:15 - 11:15	Hatha Joanna J	11:30 - 12:15	Cardio Tennis Michael C	12:30 - 12:30			
12:00 - 12:30	Upper Body Weights Vikki G	11:45 - 12:15	Step Conditioning Vikki G	13:00 - 13:30	Total Body Blast Joe W	10:45 - 11:30	Indoor Cycling Vikki G	11:30 - 12:30	Pilates Zannah C	12:05 - 12:35			
12:05 - 12:35	Yoga Nidra Zannah C	12:00 - 13:45	Tai Chi Glenn	14:30 - 15:15	60+ Circuits Joe W	10:45 - 11:30	Zumba Louise T	12:30 - 13:00	Stretch & Mobility Vikki G	13:00 - 13:00			
12:45 - 13:45	Pilates Zannah C	14:00 - 14:45	Pilates Joanna S	17:30 - 18:00	HIIT Grace	11:30 - 12:30	Pilates Joanna S	12:30 - 13:00	Spin Express Joanna J	13:00 - 13:45			
13:00 - 13:45	Tai Chi Glenn	17:30 - 18:15	Weight Training James T	17:30 - 18:15	Hatha Flow Yoga Vanessa B	11:45 - 12:15	Foam Rolling Vikki G	12:45 - 13:30	Restorative Rollers Joanna S	13:00 - 13:45			
18:00 - 18:45	Cardi Tone Joe W	18:00 - 18:45	Equipment Pilates Libby S	18:00 - 18:45	WOW Grace	13:00 - 13:30	Total Body Blast Joe W	13:00 - 13:45	60+ Circuits Kaitlyn	18:00 - 18:45			
18:00 - 18:45	Vibe Cycle James T	18:15 - 19:00	Core James T	18:30 - 19:15	Indoor Cycling Josh B	17:30 - 18:15	Hybrid Training James T	18:00 - 18:45	Cardi Tone Level Up Lewis P	18:45 - 19:00			
18:30 - 19:15	Muscle Blitz Jo L	18:30 - 19:15	Weight Training Verity	19:30 - 20:15	Metabolic Conditioning Josh B	18:00 - 18:45	Hatha Vanessa B	19:00 - 19:45	Boxercise Lewis P	19:45 - 19:45			
19:30 - 20:15	Hustle Jo L	19:15 - 19:45	Beginners Yoga Joanna J			18:00 - 18:45	Body Blast Su T						
19:00 - 19:45	Indoor Cycle Josh B	19:15 - 19:45	Stretch John			18:30 - 19:15	Aqua James T						
19:00 - 19:45	Kettlebells James T	19:15 - 19:45	Aqua James T			19:00 - 19:45	Boxhiit Josh B						
						19:30 - 20:15	Beginners Pilates Su T						
							Indoor Cycling Josh B						
							Kettlebells James T						

CARDIO

TONING

WATER BASED

WELLBEING

DANCE BASED

CYCLING