

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bootcamp 09:30 - 10:30 Mas	LesMills BodyPump 09:30 - 10:30 Kirsty	Spin 09:15 - 10:00 Gareth P	Spin 09:15 - 10:15 Hedi	Bootcamp 09:30 - 10:30 Gareth P	Spin 09:00 - 09:45 Charlotte	Step Aerobics 10:00 - 11:00 Alicia
Abs & Stretch 10:30 - 11:00 Gareth P	Pilates 10:45 - 11:45 John	WOD 10:00 - 10:30 Gareth P	TRX-Box 09:30 - 10:15 Gareth P	Pilates 10:30 - 11:30 John	Bootcamp 09:30 - 10:30 Craig	LesMills BodyBalance 11:00 - 12:00 Sam
Box & Burn 18:00 - 18:45 Craig	Spin 18:00 - 18:45 Charlotte	Spin 18:30 - 19:15 Craig	Yoga 10:15 - 11:30 Serena	Bootcamp 18:00 - 19:00 Craig	Studio Booked 13:00 - 16:00	Studio Booked 13:00-17:00
Spin 18:30 - 19:15 Charlotte	Studio Booked 18:00-19:00	LesMills BodyPump 19:00 - 20:00 Jaimie	Functional Training 18:00 - 18:45 Gareth P	Spin 18:15 - 19:00 Hedi		
LesMills BodyPump 19:00 - 20:00 Jaimie	Bootcamp 19:00 - 20:00 Charlotte	Functional Circuits 18:45 - 19:30 Gareth P (Functional Room)	Beginners Yoga 19:00 - 20:00 Bettina	Yoga 19:00 - 20:00 Kirsty		
Yoga 20:00 - 21:00 Toni Scott	Yoga 20:00-21:00 Bettina	Pilates 20:00-21:00 Melissa				

Monday - Friday  
06:00 - 21:30

Saturday - Sunday  
08:00 - 19:00

**\*\* Changes**