



Monday 23rd	Tuesday 24th	Wednesday 25th	Thursday 26th	Friday 27th	Saturday 28th	Sunday 29th
HIIT 6:30 - 7:00		Power Spin 6:30 - 7:00		HIIT 6:30 - 7:00	HIIT 8:50 - 9:20	Circuit Training 9:00 - 10:00
Body Sculpt 7:00 - 7:30		Body Sculpt 7:00 - 7:30		Body Sculpt 7:00 - 7:30	Spin 9:30 - 10:20	30 Minute Power Spin 10:10 - 10:40
Aqua Fit 9:00 - 10:00	Stretch & Strengthen 9:30 - 10:30	Masters Circuits 9:00 - 10:00	FitSteps 9:15 - 10:15			Body Sculpt 10:50 - 11:30
Spin 9:45 - 10:30		Aqua Fit 9:15 - 10:15		Spin 10:00 - 10:45		
Pilates 10:30 - 11:30		Body Sculpt 10:05 - 10:35		Pilates 11:00 - 12:00		
		FitSteps 10:45 - 11:45				
Circuit Training 13:00 - 14:00		Circuit Training 13:00 - 14:00	Body Sculpt 13:00 - 14:00	Circuit Training 13:00 - 14:00		
	Dynamic Hatha Flow Yoga 18:00 - 19:30	Relaxing Yoga by Candlelight 18:00 - 19:30	Circuit Training 18:30 - 19:30	Spin & Core 18:00 - 19:00		
Boot Camp 18:30 - 19:30	Zumba 19:00 - 20:00	Spin 18:30 - 19:30	Fight Pads 19:30 - 20:00	Aquafit 18:30 - 19:30		

HIIT = High intensity interval training