



Monday 9th	Tuesday 10th	Wednesday 11th	Thursday 12th	Friday 13th	Saturday 14th	Sunday 15th
HIIT 6:30 - 7:00		Power Spin 6:30 - 7:00		HIIT 6:30 - 7:00	HIIT 8:50 - 9:20	
Body Sculpt 7:00 - 7:30		Body Sculpt 7:00 - 7:30		Body Sculpt 7:00 - 7:30	Spin 9:30 - 10:20	
Aqua Fit 9:00 - 10:00	Stretch & Strengthen 9:30 - 10:30	Masters Circuits 9:00 - 10:00	FitSteps 9:15 - 10:15			
Spin 9:45 - 10:30		Aqua Fit 9:15 - 10:15		Spin 10:00 - 10:45		
Pilates 10:30 - 11:30				Pilates 11:00 - 12:00		
		FitSteps 10:45 - 11:45				
Circuit Training 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		Spin & Core 18:00 - 19:00		
Boot Camp 18:30 - 19:30	Zumba 19:00 - 20:00	Spin 18:30 - 19:30		Aquafit 18:30 - 19:30		

HIIT = High intensity interval training