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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Day** | **Class** | **Time** | **Instructor** | **Day** | **Class** | **Time** | **Instructor** |
| **Monday** | Indoor Cycling – Intervals | **06:45-07:30** | **Rachel Palmer** | **Wednesday** | Indoor Cycling | **16:30-17:15** | **Ollie Foote** |
| **Monday** | Circuits | **09:15-10:15** | **Matt Scott** | **Wednesday** | Circuits | **18:00-19:00** | **Joshua Sudder** |
| **Monday** | Pilates | **10:30-11:30** | **Viv Smith** | **Wednesday** | Dance Fitness | **19:15-20:00** | **Sarah Davis** |
| **Monday** | Pilates | **11:40-12:40** | **Viv Smith** | **Thursday** | Pilates | **06:45-07:30** | **Viv Smith** |
| **Monday** | Yogalates | **14:00-15:00** | **Amy Denham** | **Thursday** | Power Yoga | **09:00-10:00** | **Klaudia Svendsen** |
| **Monday** | Yoga | **17:45-18:45** | **Klaudia Svendsen** | **Thursday** | Strength & Tone | **10:15-11:15** | **Rachel Palmer** |
| **Monday** | Indoor Cycling | **18:00-18:45** | **Matt Scott** | **Thursday** | Barre | **12:30-13:30** | **Georgia Rixson** |
| **Monday** | Pilates | **19:00-20:00** | **Wendy Walsh** | **Thursday** | Aqua Aerobics | **14:00-14:45** | **Sarah Duffield** |
| **Tuesday** | Stretch & Meditate | **06:45-07:30** | **Jo Turner** | **Thursday** | Pilates | **15:00-16:00** | **Carol Boughton** |
| **Tuesday** | Yoga (Vinyasa) | **08:30-09:30** | **Jo Turner** | **Thursday** | Cardio Fitness | **18:00-18:45** | **Matt Scott** |
| **Tuesday** | Kettlebells | **10:00-10:45** | **Faye Grouwstra** | **Thursday** | Indoor Cycling | **19:00-19:45** | **Matt Scott** |
| **Tuesday** | HIIT | **12:00-12:30** | **Rachel Palmer** | **Thursday** | Yogalates | **19:00-20:00** | **Nadia Ross** |
| **Tuesday** | Yoga | **12:45-13:45** | **Nadia Ross** | **Friday** | Upper & Lower Blast | **06:45-07:30** | **Joshua Sudder** |
| **Tuesday** | Pilates | **15:00-16:00** | **Carol Boughton** | **Friday** | Pilates | **09:00-10:00** | **Wendy Walsh** |
| **Tuesday** | Circuits | **18:00-18:45** | **Matt Scott** | **Friday** | Ab Attack | **10:10-10:40** | **Faye Grouwstra** |
| **Tuesday** | Indoor Cycling | **18:30-19:15** | **Bente V Hoeven** | **Friday** | HIIT | **10:45-11:15** | **Faye Grouwstra** |
| **Tuesday** | Yoga (R&M) | **19:00-20:00** | **Adrienne Say** | **Friday** | Stretch & Tone | **11:30-12:30** | **Gina Ould** |
| **Wednesday** | Full Body HIIT | **06:45-07:30** | **Rachel Palmer** | **Friday** | Indoor Cycling | **12:00-12:45** | **Ollie Foote** |
| **Wednesday** | Ab Attack | **09:15-09:45** | **Faye Grouwstra** | **Friday** | Seated & Supported | **12:40-13:40** | **Gina Ould** |
| **Wednesday** | Bands | **10:00-10:30** | **Faye Grouwstra** | **Saturday** | Full Body HIIT | **08:15-09:15** | **Rachel Palmer** |
| **Wednesday** | Aqua Aerobics | **10:00-10:45** | **Lee Sowter** | **Saturday** | Pilates | **09:30-10:30** | **Wendy Walsh** |
| **Wednesday** | Aqua Aerobics | **10:45-11:30** | **Lee Sowter** | **Sunday** | Stretch & Meditate | **09:15-10:15** | **Amy Denham** |
| **Wednesday** | Yoga | **10:45-11:45** | **Adrienne Say** | **Sunday** | Yoga | **10:30-11:30** | **Amy Denham** |
| **Wednesday** | Stretch & Tone | **14:00-15:00** | **Carol Boughton** |  |  |  |  |