

<u>Day</u>	<u>Class</u>	<u>Time</u>	<u>Instruct or</u>	<u>Day</u>	<u>Class</u>	<u>Time</u>	<u>Instruct or</u>
Monday	Indoor Cycling – Intervals	06:45-07:30	Virtual	Wednes day	Aqua Aerobics	10:45-11:30	Lee Sowter
Monday	HYROX	09:00-10:00	Faye Grouwst ra	Wednes day	Yoga	10:45-11:45	Adrienn e Say
Monday	Circuits	09:15-10:15	Matt Scott	Wednes day	Stretch & Tone	14:00-15:00	Carol Boughto n
Monday	Pilates	10:30-11:30	Viv Smith	Wednes day	Indoor Cycling	16:30-17:15	Ollie Foote
Monday	Pilates	11:40-12:40	Viv Smith	Wednes day	Circuits	18:00-19:00	Josh Sudder
Monday	Yogalates	14:00-15:00	Amy Denham	Wednes day	Dance Fitness	19:15-20:00	Sarah Davis
Monday	Yoga	17:45-18:45	Klaudia Svendse n	Thursday	Pilates	06:45-07:30	Ella Laws
Monday	Indoor Cycling	18:00-18:45	Matt Scott	Thursday	Yoga	09:00-10:00	Klaudia Svendse n
Monday	Pilates	19:00-20:00	Wendy Walsh	Thursday	HYROX	09:00-10:00	Faye Grouws tra
Tuesday	Stretch & Meditate	06:45-07:30	Jo Turner	Thursday	Strength & Tone	10:15-11:15	Josh Sudder
Tuesday	Yoga (Vinyasa)	08:30-09:30	Jo Turner	Thursda y	Barre	12:30-13:30	Amy Denham
Tuesday	Kettlebells	10:00-10:45	Faye Grouwst ra	Thursda y	Aqua Aerobics	14:00-14:45	Sarah Duffield
Tuesday	HIIT	12:00-12:30	Josh Sudder	Thursda y	Pilates	15:00-16:00	Carol Boughto n
Tuesday	Yoga	13:45-14:45	Amy Denham	Thursda y	Cardio Fitness	18:00-18:45	Matt Scott
Tuesday	Pilates	15:00-16:00	Carol Boughto n	Thursda y	Indoor Cycling	19:00-19:45	Matt Scott
Tuesday	HYROX	17:00-18:00	Faye Grouwst ra	Thursda y	Yogalates	19:30-20:30	Amy Denha m

Tuesday	Circuits	18:00-18:45	Matt Scott	Friday	Upper & Lower Blast	06:45-07:30	Joshua Sudder
Tuesday	Indoor Cycling	18:00-18:45	Bente V Hoeven	Friday	HYROX	07:00-08:00	Faye Grouws tra
Tuesday	Yoga (R&M)	19:00-20:00	Adrienne Say	Friday	Pilates	09:00-10:00	Wendy Walsh
Wednesday	Full Body HIIT	06:45-07:30	Ollie Foote	Friday	Ab Attack	10:10-10:40	Faye Grouwstra
Wednesday	Ab Attack	09:15-09:45	Faye Grouwstra	Friday	HIIT	10:45-11:15	Faye Grouws tra
Wednesday	Aqua Aerobics	10:00-10:45	Lee Sowter	Friday	Stretch & Tone	11:30-12:30	Ella Laws
Wednesday	Bands	10:00-10:30	Faye Grouwstra				PTO
Friday	Indoor Cycling	12:00-12:45	Ollie Foote	Friday	Seated & Supported	12:40-13:40	Ella Laws
Saturday	Full Body HIIT	08:15-09:15	Ollie Foote	Saturday	Pilates	09:30-10:30	Wendy Walsh
Saturday	Indoor Cycling	09:30-10:15	Ollie Foote				
Sunday	Stretch & Meditate	09:15-10:15	Amy Denham	Sunday	Yoga	10:30-11:30	Amy Denham

RED = High Intensity BLUE = Moderate Intensity GREEN = Low Intensity

Non-Member charges apply