

<u>Day</u>	<u>Class</u>	<u>Time</u>	<u>Instructor</u>	<u>Day</u>	<u>Class</u>	<u>Time</u>	<u>Instructor</u>
Monday	HYROX	09:00-10:00	Faye Grouwstra	Wednesday	Full Body HIIT	06:45-07:30	Ollie Foote
Monday	Circuits	09:15-10:15	Matt Scott	Wednesday	Ab Attack	09:15-09:45	Faye Grouwstra
Monday	Pilates	10:30-11:30	Viv Smith	Wednesday	Aqua Aerobics	10:00-10:45	Lee Sowter
Monday	Pilates	11:40-12:40	Viv Smith	Wednesday	Bands	10:00-10:30	Faye Grouwstra
Monday	Yogalates	14:00-15:00	Amy Denham	Wednesday	Aqua Aerobics	10:45-11:30	Lee Sowter
Monday	Yoga	17:45-18:45	Klaudia Svendsen	Wednesday	Yoga	11:00-12:00	Adrienne Say
Monday	Indoor Cycling	18:00-18:45	Matt Scott	Wednesday	Stretch & Tone	14:00-15:00	Carol Boughton
Monday	Pilates	19:00-20:00	Wendy Walsh	Wednesday	Indoor Cycling	16:30-17:15	Ollie Foote
Tuesday	Stretch & Meditate	06:45-07:30	Jo Turner	Wednesday	Circuits	18:00-19:00	Josh Sudder
Tuesday	Yoga (Vinyasa)	08:30-09:30	Jo Turner	Wednesday	Dance Fitness	19:15-20:00	Sarah Davis
Tuesday	Kettlebells	10:00-10:45	Faye Grouwstra	Thursday	Pilates	06:45-07:30	Ella Laws
Tuesday	HIIT	12:00-12:30	Rachel Palmer	Thursday	Yoga	08:30-09:30	Klaudia Svendsen
Tuesday	Yoga	13:45-14:45	Amy Denham	Thursday	HYROX	09:00-10:00	Faye Grouwstra
Tuesday	Pilates	15:00-16:00	Carol Boughton	Thursday	Strength & Tone	10:15-11:15	Rachel Palmer
Tuesday	HYROX	17:00-18:00	Faye Grouwstra	Thursday	Barre	12:30-13:15	Ella Laws
Tuesday	Circuits	18:00-18:45	Matt Scott	Thursday	Aqua Aerobics	14:00-14:45	Sarah Duffield
Tuesday	Indoor Cycling	18:00-18:45	Josh Sudder	Thursday	Pilates	15:00-16:00	Carol Boughton
Tuesday	Yoga (R & M)	19:00-20:00	Adrienne Say	Thursday	Cardio Fitness	18:00-18:45	Matt Scott
Thursday	Indoor Cycling	19:00-19:45	Matt Scott	Friday	Indoor Cycling	12:00-12:45	Ollie Foote

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Thursday	Yogalates	19:30-20:30	Amy Denham	Friday	Seated & Supported	12:40-13:40	Ella Laws
Friday	Upper & Lower Blast	06:45-07:30	Josh Sudder	Saturday	Full Body HIIT	08:15-09:15	Ollie Foote
Friday	HYROX	07:00-08:00	Faye Grouwstra	Saturday	Indoor Cycling	09:30-10:15	Ollie Foote
Friday	Pilates	09:00-10:00	Wendy Walsh	Saturday	Pilates	09:30-10:30	Wendy Walsh
Friday	Ab Attack	10:10-10:40	Faye Grouwstra	Sunday	Stretch & Meditate	09:15-10:15	Amy Denham
Friday	HIIT	10:45-11:15	Faye Grouwstra	Sunday	Yoga	10:30-11:30	Amy Denham
Friday	Stretch & Tone	11:30-12:30	Ella Laws				

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

Non-Member charges apply