

Main Studio

Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		
Calorie Killer 6.30am - 7.00am	Paris		Yoga 6.30am - 7.15am	Corrine		Body Sculpt 6.30am - 7.00am	Bekki		Kettlebell X 6.30am - 7.10am	Vicky		Body Sculpt 7.10am - 7.50am	Bekki		Bootcamp - FXT 9.15am - 10.15am	Luke	
LBT 9.30am - 10.10am	Zoe		Blitz 9.20am - 10.00am	Vicky		Body Sculpt 9.30am - 10.10am	June		Body Conditioning 9.30am - 10.15am	Vicky		Les Mills Body Pump 9.30am - 10.10am	Sarah W		HIIT 10.30am - 11.10am	Bekki	
Pilates 11.30am - 12.15pm	Sarah		Kettlebell X 12.30pm - 1.10pm	Luke		LBT 12.15pm - 12.55pm	June		Yoga 10.30am - 11.15am	Corrine		OldSkool Circuits 5.30pm - 6.15pm	Zoe		Yoga 11.45am - 12.30pm	Tom	
Zumba Toning (£7) 12.30pm - 1.15pm	Marie		Body Conditioning 6.00pm - 6.45pm	Zoe		LBT 5.30pm - 6.15pm	Zoe		Zumba Dance (£6) 11.30am - 12.15pm	Marie		Kids Karate (£4) 6.30pm - 7.30pm	Hannah		Sunday		
Yoga 1.45pm - 2.30pm	Jo		BoxFit 6.55pm - 7.35pm	Zoe		Bootcamp - FXT 6.30pm - 7.15pm	Zoe		Kettlebell X 12.30pm - 1.10pm	Luke		Adult Karate (£4) 7.30pm - 9.00pm	Simon				
Tabata 5.20pm - 6.00pm	Paul		Yoga 7.45pm - 8.30pm	Lucyano		Pilates 7.30pm - 8.10pm	Sarah		Calorie Killer 5.30pm - 6.00pm	Paris							
Kettlebell X 6.10pm - 6.45pm	Zoe								Les Mills Body Pump 6.10pm - 6.55pm	Charli							
Body Sculpt 6.55pm - 7.35pm	Zoe								Pilates 7.05pm - 7.45pm	Sarah							
Yoga 7.45pm - 8.30pm	Hayley								Yoga 7.50pm - 8.30pm	Emily							

Spin Studio

Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		
6.30am - 7.10am	Charli					6.30am - 7.10am	Charli					6.30am - 7.00am	Bekki		9.15am - 10.00am	Bekki	
9.30am - 10.10am	Sarah W		10.15am - 10.55am	Vicky		9.30am - 10.10am	Zoe					9.30am - 10.10am	Paul		10.30am - 11.10am	Stu	
12.30pm - 1.10pm	Dave		6.05pm - 6.45pm	Stu		12.30pm - 1.10pm	Mike / Vicky		12.30pm - 1.10pm	Vicky		12.30am - 1.00pm	Sarah W		Sunday		
5.30pm - 6.00pm	Zoe		7.00pm - 7.40pm	Virtual		6.15pm - 6.55pm	Paul		6.00pm - 6.45pm	Paul		5.30pm - 6.10pm	Alex				
6.10pm - 6.50pm	Paul					7.10pm - 7.50pm	Stu		7.00pm - 7.40pm	Stu							

