

CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:15	SPIN 6:15 - 6:45 ISABELLE SPIN STUDIO	HIITSTEP 6:15 - 6:45 MICHELLE STUDIO 1	SPIN 6:15 - 6:45 ISABELLE SPIN STUDIO	BARBELL TABATA 6:15 - 6:45 VICKI STUDIO 1	HIIT BLAST 6:15 - 6:45 ISABELLE STUDIO 1		
07:00	LEGS BUMS & TUMS 7:00 - 7:45 ISABELLE STUDIO 1	SPIN 7:00 - 7:45 MICHELLE SPIN STUDIO	CIRCUIT 7:00 - 7:45 ISABELLE STUDIO 1	HIIT & STRETCH 7:00 - 7:45 HELENA STUDIO 1	SPIN 7:00 - 7:45 ISABELLE SPIN STUDIO		
08:00	STRENGTH & CONDITIONING 8:00 - 8:45 STAFF GYM FLOOR	STRENGTH & CONDITIONING 7:00 - 7:45 STAFF GYM FLOOR	STRENGTH & CONDITIONING 8:00 - 8:45 STAFF GYM FLOOR	STRENGTH & CONDITIONING 7:00 - 7:45 STAFF GYM FLOOR	STRENGTH & CONDITIONING 8:00 - 8:45 STAFF GYM FLOOR	SPIN 8:15 - 9:00 LIZ SPIN STUDIO	
09:00	CIRCUIT 9:30 - 10:15 VICKI STUDIO 1	PILATES 9:30 - 10:30 AMY STUDIO 1	SPIN 9:30 - 10:15 ANGELA SPIN STUDIO	HIIT STEP 9:30 - 10:00 VICKI STUDIO 1	SPIN 9:30 - 10:15 VICKI SPIN STUDIO	HIIT CARDIO 9:15 - 09:45 LIZ STUDIO 1	BODY COMBAT 9:00 - 10:00 SARAH STUDIO 1
10:00	POWER YOGA 10:00 - 11:10 SIGGY CAROUSEL	WOMENS BOXING CIRCUIT 10:00 - 11:10 SIGGY CAROUSEL	POWER YOGA 10:00 - 11:10 SIGGY CAROUSEL	VINYASSA YOGA 10:00 - 11:00 SUSAN STUDIO 1	ZUMBA 9:30-10:30 HELENA STUDIO 1	YOGA 10:00 - 11:00 SHELLY STUDIO 1	BODY PUMP 10:00 - 11:00 SARAH STUDIO 1
11:00	YOGA 11:00 - 12:00 SIGGY STUDIO 1		YOGA 11:00 - 12:00 SIGGY STUDIO 1	WOMENS BOXING CIRCUIT 10:00 - 11:10 SIGGY CAROUSEL			THRIVE BALANCE 11:00 - 12:00 SARAH STUDIO 1
12:00		HULA HOOP 12:00 - 13:00 LEAH STUDIO 1		DANCE FITNESS 12:00 - 13:00 HELENA STUDIO 1	OVER 55'S CIRCUIT 11:30 - 12:15 STAFF GYM FLOOR	OVER 55'S CIRCUIT 11:30 - 12:15 STAFF GYM FLOOR	
13:00	MILITARY HIIT 12:30 - 13:00 ISABELLE CAROUSEL	MILITARY HIIT 12:30 - 13:00 ISABELLE CAROUSEL	MILITARY HIIT 12:30 - 13:00 ISABELLE CAROUSEL	MILITARY HIIT 12:30 - 13:00 ISABELLE CAROUSEL	CIRCUIT TRAINING 12:30 - 13:15 KATE STUDIO 1		
14:00	BOX-FIT 13:00 - 13:30 ISABELLE CAROUSEL	BOX-FIT 13:00 - 13:30 ISABELLE CAROUSEL	BOX-FIT 13:00 - 13:30 ISABELLE CAROUSEL	BOX-FIT 13:00 - 13:30 ISABELLE CAROUSEL		STRENGTH & CONDITIONING 14:00 - 14:45 STAFF GYM FLOOR	STRENGTH & CONDITIONING 14:00 - 14:45 STAFF GYM FLOOR
17:00		HIIT STEP 17:30 - 18:00 VICKI STUDIO 1	HIIT CIRCUIT 17:30 - 18:00 CHRISTIAN STUDIO 1	LEGS, BUMS & TUMS 17:30 - 18:15 ISABELLE STUDIO 1	BODY ATTACK 17:30 - 18:30 SHIRLEY STUDIO 1		
18:00	BODY ATTACK 18:00 - 19:00 SARAH STUDIO 1	SPIN 18:00 - 18:45 VICKI SPIN STUDIO	HULA 18:00 - 19:00 LEAH STUDIO 1	BOXING CIRCUIT 18:00 - 19:00 DANNY CAROUSEL	SPIN 18:00 - 18:45 MICHELLE SPIN STUDIO		
19:00	BOXING CIRCUIT 18:00 - 19:00 DANNY CAROUSEL	BOXING CIRCUIT 18:00 - 19:00 DANNY CAROUSEL	SPIN 18:00 - 18:45 ANNA SPIN STUDIO	BODY COMBAT 18:15 - 19:15 BEN STUDIO 1	FITNESS YOGA 18:45 - 19:45 SHIRLEY HOLISTIC STUDIO		
20:00	CIRCUIT 18:15-19:00 ISABELLA STUDIO 1	CIRCUIT 18:15-19:00 ISABELLA STUDIO 1	BOXING CIRCUIT 18:00 - 19:00 DANNY CAROUSEL	SPIN 18:15 - 19:00 ISABELLE SPIN STUDIO			
20:00	BODY COMBAT 19:00 - 20:00 SARAH STUDIO 1	YOGA 19:10 - 20:10 SUSAN STUDIO 1	MOBILITY YOGA 19:00 - 19:45 MOIRA HOLISTIC STUDIO	DANCE CYCLE 19:15 - 20:00 ANNIE SPIN STUDIO			
20:00	DANCE CYCLE 19:00 - 19:45 ANNIE SPIN STUDIO		ZUMBA 19:00 - 20:00 SAMMY STUDIO 1	BODY PUMP 19:15 - 20:15 BEN STUDIO 1	HIIT CIRCUIT 19:00 - 19:30 MICHELLE STUDIO 1		
20:00	BALANCE 20:00 - 21:00 SARAH STUDIO 1	STRENGTH & CONDITIONING 20:00 - 20:45 STAFF GYM FLOOR	STRENGTH & CONDITIONING 20:30 - 21:15 STAFF GYM FLOOR	STRENGTH & CONDITIONING 20:00 - 20:45 STAFF GYM FLOOR	STRENGTH & CONDITIONING 20:30 - 21:15 STAFF GYM FLOOR		
	STRENGTH & CONDITIONING 20:30 - 21:15 STAFF GYM FLOOR						