

Monday

6.00am - 6.45am	HIIT	-	gym floor
5.30pm - 6.15pm	Group Cycling	Sarah	studio
6.15pm - 7.00pm	Kettlebells	Sarah	studio
6.15pm - 7.00pm	Circuits	-	gym floor
7.15pm - 8.00pm	Bootcamp	-	gym floor

Tuesday

7.30am - 8.15am	Cardio blast	-	gym floor
6.00pm - 6.45pm	HITT	Adele	studio
6.45pm - 7.30pm	Legs Bums & Tums	Adele	studio
7.30pm - 8.15pm	Zumba	Donna	studio

Wednesday

9.00am-9.30am	HIIT	-	gym floor
9.45am-10.30am	HIIT	-	gym floor
12.15pm-1.15pm	Group Cycling	Chantelle	studio
3.00pm-3.45pm	Circuits	-	gym floor

Thursday

7.00am - 8.15am	Kettlebells	Sarah	gym floor
6.00pm - 6.45pm	Boxfit	-	gym floor
7.00pm - 8.00pm	Body Pump	Mandy	studio
8.00pm - 8.45pm	Body Balance	Mandy	studio

Friday

7.30am - 8.15am	Strength	Sarah	gym floor
5.30pm - 6.15pm	Circuits	Karolina	gym floor
6.30pm - 7.15pm	Legs Bums & Tums	Karolina	studio

Saturday

9.30am - 10.15am	Cardio Blast	Sarah	gym floor
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Sunday

9.30am-10.30am	Yoga	Rimpy	studio
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