

## Monday

6.15am - 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	Box Fit	Adele	studio
6.45pm - 7.30pm	Legs Bums & Tums	Adele	studio
7.30pm - 8.15pm	Zumba	Donna	studio

## Wednesday

6.15am - 6.45am	HIIT	-	gym floor
6.00pm - 6.30pm	HIIT	-	gym floor
6.00pm - 7.00pm	Group Cycling	Chantelle	studio
7.00pm - 7.45pm	Circuits	-	gym floor

## Thursday

7.30am - 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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