

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.15am (45m)  ZUMBA gold	8.15am (45m)  HEALTHWAYS SilverSneakers FITNESS —Classic—	8.15am (45m) FIT IN 45!	8.15am (45m)  HEALTHWAYS SilverSneakers FITNESS —Classic—	8.15am (45m) “RELEASE & RELAX” Senior Stretch		
9.15am (55m) LES MILLS BODYPUMP	9.15am (55m) TOTAL BODY		9.15am (55m) LES MILLS BODYPUMP	9.15am (55m) STEP CARDIO	9.15am (30m) LES MILLS BODYCOMBAT	
	10.30am(55m) YOGA for BACK CARE	10.30am (55m) LES MILLS BODYBALANCE	10.30am (55m) YOGA STRETCH	10.30am (30m) LES MILLS CORE	10.00am (55m) LES MILLS BODYBALANCE	3.30pm (55m)  ZUMBA Please check App or call to confirm dates
5.30pm (55m) LES MILLS BODYPUMP	5.45pm (55m) LES MILLS BODYCOMBAT	5.45pm (30m) LES MILLS CORE	5.30pm (45m) LES MILLS BODYPUMP			3.30pm (55m) MIXEDFIT Please check App or call to confirm dates
6.45pm (55m)  ZUMBA		6.30pm (55m)  ZUMBA	6.30pm (55m) LES MILLS BODYBALANCE			

CYCLE STUDIO - 17 bikes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		5.30am (30m) LES MILLS sprint				
	9.45am (45m) LES MILLS RPM	9.45am (30m) LES MILLS sprint		9.45am (45m) LES MILLS RPM		
5.45pm (30m) LES MILLS sprint		6.30pm (30m) LES MILLS RPM				