

GROUP TRAINING CLASSES

Monday	Class Name	Location	Wednesday	Class Name	Location	Friday	Class Name	Location
06:45 - 07:30	Boot Camp	Studio 1	06:45 - 07:45	Body Pump	Studio 1	06:45 - 07:30	Group Cycling	Studio 2
09:30 - 10:30	Aerobics	Studio 2	09:30 - 10:30	Pilates	Dojo	09:30 - 10:30	Body Attack	Studio 1
10:00 - 11:00	Pilates	Dojo	09:30 - 10:30	Body Conditioning	Studio 1	10:00 - 11:00	Pilates	Dojo
10:30 - 11:30	Belly Dance (Ladies)	MP Room	10:30 - 11:30	Zumba	Studio 1	10:30 - 11:30	Body Conditioning	Studio 1
10:45 - 11:30	HIIT	Studio 1	10:45 - 11:45	Body Balance	MP Room	12:30 - 13:30	Aqua (50+)	Main Pool
13:00 - 15:00	Over 50's	Studio 1	12:30 - 13:30	Aqua (50+)	Main Pool	18:15 - 19:15	Body Pump	Studio 1
18:00 - 19:30	Yoga (mixed)	MP Room	18:15 - 19:30	Body Balance	MP Room	18:30 - 19:30	Yoga (mixed)	MP Room
18:30 - 19:30	Boot Camp	Studio 2	18:15 - 19:15	Body Attack	Studio 1	19:00 - 20:00	Group Cycling	Studio 2
18:30 - 19:30	Body Attack	Studio 1	19:15 - 20:30	Body Pump	Studio 1	19:15 - 19:45	HIIT	Studio 1
18:30 - 19:30	Aqua Fit	Main Pool	19:30 - 21:00	African Dance	MP Room			
19:30 - 20:30	Body Pump	Studio 1	19:30 - 20:30	Circuits	Studio 2	Saturday	Class Name	Location
19:30 - 20:30	Group Cycling	Studio 2	20:35 - 21:20	Group Cycle	Studio 2	08:30 - 09:15	Insanity	Studio 2
19:30 - 20:30	Body Balance	MP Room				08:30 - 09:30	Zumba	Studio 1
20:30 - 21:30	Zumba	Studio 1	Thursday	Class Name	Location	08:30 - 09:30	HIIT	MP Room
20:30 - 21:30	Circuits	Studio 2	06:45 - 07:30	HIIT	Studio 1	09:30 - 10:30	Body Combat	Studio 1
			09:30 - 11:00	Hatha Yoga	MP Room	09:30 - 10:30	Group Cycling	Studio 2
Tuesday	Class Name	Location	09:45 - 10:45	Group Cycling	Studio 2	10:30 - 11:30	Body Pump	Studio 1
06:45 - 07:30	Body Attack	Studio 1	10:00 - 11:00	Zumba	Studio 1	11:30 - 12:30	Body Balance	Studio 1
09:30 - 10:30	Cycling	Studio 2	11:00 - 12:00	Body Pump	Studio 1	12:15 - 13:45	Hatha Yoga	MP Room
09:30 - 10:30	Body Step	Studio 1	13:00 - 14:00	Pilates	Dojo			
10:00 - 11:30	Body Balance	MP Room	18:30 - 19:30	Body Conditioning (Ladies)	Studio 1	Sunday	Class Name	Location
10:30 - 11:30	Body Pump	Studio 1	18:45 - 19:45	Group Cycling	Tube	08:00 - 09:00	Group Cycling	Studio 2
13:00 - 14:00	Body Conditioning (Ladies)	Studio 1	19:00 - 20:00	Aqua Fit (Ladies)	Main Pool	09:00 - 10:00	Body Pump	Studio 1
14:00 - 15:00	Pilates (Ladies)	Dojo	19:30 - 20:30	Body Combat	Studio 1	09:00 - 10:00	Boot Camp	Studio 2
18:00 - 19:00	Pilates	Studio 1				09:30 - 11:00	Yoga (mixed)	MP Room
18:30 - 19:30	Boxercise	Studio 2				10:00 - 11:00	Zumba	Studio 1
19:00 - 20:00	Dance Fit	Studio 1				10:00 - 11:00	Pilates	Dojo
19:30 - 20:30	Group Cycling	Studio 2				10:00 - 11:00	Group Cycling	Studio 2
20:00 - 21:00	Dance Conditioning	Studio 1				11:00 - 12:00	Body Conditioning	Studio 1
						12:00 - 13:00	Box and Burn	Studio 1