

Monday

7.00am - 7.45am	Bootcamp
9.30am - 10.30am	Body Pump
10.15am - 11.00am	Group Cycling
10.45am - 11.45am	Body Balance
12.00pm - 12.30pm	Functional Circuits - Gym
12.15pm - 12.45pm	Virtual Myride
1.30pm - 2.15pm	Forever Active
4.00pm - 4.30pm	Big sister (under 16s)
4.45pm - 5.30pm	Big sister (under 16s)
5.00pm - 5.30pm	Kettlebells – Gym
6.00pm - 6.45pm	Circuits
6.00pm - 6.45pm	Group Cycling
7.00pm - 7.45pm	Body Combat
7.00pm - 7.45pm	Group Cycling
8.00pm - 9.00pm	Body Pump

Tuesday

6.45am - 7.30am	Group Cycling
9.30am - 10.30am	Legs, Bums & Tums
10.30am - 11.15am	Group Cycling
10.30am - 11.15am	AquaFit
11.30am - 12.00pm	Functional Circuits - Gym
5.30pm - 6.30pm	Zumba
6.45pm - 7.45pm	Body Pump
6.45pm - 7.30pm	Group Cycling
7.00pm - 7.30pm	Functional Circuits - Gym
7.45pm - 8.30pm	Body Attack
8.00pm - 8.30pm	Virtual Myride

Wednesday

7.15am - 7.45am	Virtual Myride
9.15am - 10.00am	Body Pump
10.15am - 11.00am	Virtual Myride
10.15am - 11.00am	Forever Active
10.30am - 11.30am	AquaFit
6.00pm - 6.45pm	Circuits
5.00pm - 5.30pm	Functional Circuits - Gym
6.15pm - 7.00pm	Group Cycling
7.00pm - 7.45pm	Body Combat
7.15pm - 8.00pm	Group Cycling
8.00pm - 9.00pm	Pilates

Thursday

9.30am - 10.15am	Core Conditioning
11.30am - 12.30pm	AquaFit
11.30am - 12.00pm	Virtual Myride
12.15pm - 1.00pm	Yoga
5.45pm - 6.30pm	Zumba
6.15pm - 7.00pm	Group Cycling
6.45pm - 7.45pm	Body Attack
6.45pm - 7.45pm	Aqua Zumba
7.00pm - 7.30pm	Functional Circuits - Gym
7.30pm - 8.00pm	Virtual Myride
8.00pm - 9.00pm	Body Balance

Friday

7.00am - 7.45am	Bootcamp
9.30am - 10.00am	Virtual Myride
9.30am - 10.30am	Legs, Bums & Tums
10.00am - 10.30am	Functional Circuits - Gym
10.15am - 11.00am	Group Cycling
11.15am - 12.15pm	Body Balance
6.00pm - 6.30pm	Functional Circuits - Gym
6.00pm - 6.30pm	Virtual Myride
6.15pm - 7.00pm	Body Sculpt
7.00pm - 7.45pm	Group Cycling

Saturday

8.30am - 9.00am	Virtual Myride
9.00am - 9.45am	Body Attack
10.00am - 10.45am	Body Pump
10.15am - 11.00am	Group Cycling
11.00am - 11.45am	Zumba
11.30am - 12.00pm	Functional Circuits - Gym
12.10pm - 1.10pm	Fitness Yoga