

Monday

7.00am-7.45am	Boot Camp
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 16's)
4.45pm-5.30pm	Big Sister (under 16's)
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	Aqua Fit
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	Aqua Fit
5.00pm-5.30pm	Functional Circuits (gym)
6.00pm-6.45pm	Circuits
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	Aqua Fit
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	Boot Camp
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

Sunday

9.00am-10.00am	Body Pump
10.15am-11.15am	Aerobics
11.00am-11.30am	Virtual Myride
11.30am-12.15pm	Forever Active
11.30am-12.00pm	Functional Circuits (gym)