

CT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING		HIIT CONDITION 07:15-08:00 Andrea H		YOGA 07:30-08:15 Alice L		YOGA 09:30-10:30 Michael	BODYPUMP™ 09:45-10:45 Kayleigh
			Tai Chi 11:00-12:20 Arthur			BODYPUMP™ 10:30-11:30 Althea	3:5:15 10:35-10:55 Fitness Team
LUNCH	SPINNING® 12:30-13:15 Renee	INSANITY® 12:30-13:15 Abbie	BIKE - Beats 12:30-13:15	BODYPUMP™ 12:15-13:00 Agata	INSANITY® 12:45-13:15 Shara	BODYCOMBAT™ 11:30-12:30 Vera	BIKE - Sprint 11:00-12:00 Debbie J
	BARRE 13:15-14:15 Chardt	PILATES 13:15-14:15 Alvin	3:5:15 13:30-13:45 Fitness Team	YOGA 13:15-14:15 Jon	PILATES 13:20-14:20 Fleur	3:5:15 12:30-12:45 Fitness Team	
EVENING	PILATES 18:00-18:45 Ivona	BODYPUMP™ 18:00-18:45 Eleanor	HIIT 18:00-18:45 Yaw	BODYATTACK™ 18:15-19:00 Claudio	BIKE - Beats 18:15-19:00 Desmond		
	BIKE-HIIT 18:45-19:30 Daz	BODYATTACK™ 18:45-19:30 Eleanor	PILATES 18:45-19:30 Chaeli	BODYPUMP™ 19:00-20:00 Kayleigh			
	3:5:15 19:35-19:50 Fitness Team	YOGA 19:30-20:30 Mark M	BIKE - Sprint 19:30-20:15 Yaw	FIGHT FIT 20:00-20:45 Liam			
	FIGHT FIT 19:35-20:20 Liam						

KEY	
EXCLUSIVE SOHO	HIIT
HOLISTIC	BIKE
STRENGTH	COMBAT
DANCE	