

CC

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	BIKE-HIIT 06:25-06:55 B Lisa	HIIT 06:25 - 06:55 A John K	BODYPUMP™ 06:45-07:30 A Joe L	DRILL 06:25 - 06:55 A Mandi	DRILL 07:00-07:45 A Mandi	BIKE-HIIT 08:15-09:00 B Mandi	LEGS, TUMS & BUMS 9.30-10.15 A Grace
	BODYPUMP™ 07:00-07:45 A Andrea P	BIKE-HIIT 7.00-7.30 B John K		BIKE-HIIT 07:00-07:45 B Mandi		YOGA 09:00-10:15 A Simon B	YOGA 10:20-11:20 A Tatjana
						BODYATTACK™ 10:15-11:00 A Matt D	BIKE-HIIT 11.20-12.05 B Sal
						BODYPUMP™ 11:00-12:00 A Matt D	3:5:15 11:45-12:00 Track Fitness Team
LUNCH	3:5:15 12:30 - 12:50 Track Fitness Team	3:5:15 12:30 - 12:45 Track Fitness Team	BARRE 12:30-13:15 A Andrea P	YOGA 12:30-13:30 A Richard T	3:5:15 12:30 - 12:45 Track Fitness Team	BARRE 12:00-12:45 A Andrea P	BODYPUMP™ 12:15-13:00 A Edgar
EVENING	CORE WHEEL 18:00-18:30 A Yaw	3:5:15 18:10-18:30 Track Fitness Team	3:5:15 18:00-18:15 Track Fitness Team	BIKE - Beats 18:15-19:00 B Vicky T	BIKE- Sprint 18:30-19:15 B Yaw		PILATES 16:00-17:00 A Michael
	BODYPUMP™ 18:30-19:30 A John S	BROGA® FITNESS YOGA 18:30-19:15 A Richard T	BODYPUMP™ 18:15-19:00 A Pam	BOX TRAINING 18:30 - 19:00 A Nikki			
	BIKE - Beats 19:00 - 19:45 B Abbie	BIKE-HIIT 19:15-20:00 B Lisa	INSANITY® 19:15-20:05 A Bella	3:5:15 18:45-19:00 Track Fitness Team			
	BODYATTACK™ 19:30-20:15 A Izzy	BODYPUMP™ 19:15-20:15 A John K	YOGA 20:15-21:15 A Michael L	LEGS, TUMS & BUMS 19.00-19.45 A Vicky T			
	PILATES 20:15-21:15 A Sergio			BIKE-HIIT 19:15-20:00 B Mandi			

KEY	
EXCLUSIVE SOHO	HIIT
HOLISTIC	BIKE
STRENGTH	COMBAT
DANCE	