

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<p>Spinning – (1) 6.40am - 7:25am Jackie</p> <p>HIIT – (1) 9am – 9:30am Gym Team</p> <p>Pilates - (2) 9am – 9:45am Jackie</p> <p>Aqua 9:15am - 10am Charlotte</p>	<p>Les Mills Body Balance (1) 7am - 7:45am Jackie</p> <p>Les Mills Body Pump (1) 9am – 9.45am Kristy</p> <p>Aqua Charlotte 9:15am - 10am</p>	<p>Spinning (1) 9am - 9:45am Kieren</p> <p>Les Mills Body Balance(2) 9am - 9:45am Sara</p>	<p>Spinning (1) 6:40am - 7:25am Jackie</p> <p>Spinning (1) 9am – 9:45am Gemma</p> <p>Pilates (2) 9am - 9:45pm Kristy</p> <p>Aqua 9:15am - 10am Sara</p>	<p>HIIT (1) 7am-7.30am Gym Team</p> <p>Les Mills Body Balance (1) 9am – 9:45am Jackie</p> <p>Les Mills Body Balance(2) 9am - 9:45am Jackie</p>	<p>Spinning (1) 9am-9.45am Natalie</p> <p>Ultimate Workout (1) 10am-11am Natalie</p>	<p>Spinning (1) 9:15am – 10am Gemma</p>
	<p>L/B/T – (1) 10:00am – 10:45am Jackie</p> <p>Beginners Pilates (2) 11am – 11:45am Jackie</p> <p>Zumba – (1) 11.30am - 12.15am Aimee</p> <p>Spinning – (1) 1pm - 1.45pm Sara</p> <p>LBT – (1) 2pm - 2.45pm Sara</p>	<p>Body Conditioning (1) 10am – 10.45am Kristy</p> <p>Ab Class – (2) 10am – 10.30am Gym Team</p> <p>Pilates – (1) 11am - 11:45am Kristy</p>	<p>Legs/Bums/Tums (1) 10am - 10:45am Kieren</p> <p>Combat (2) 10am - 10:45am Sara</p> <p>Line Dancing (1) 11am - 12:15pm Calvin</p> <p>Spinning (1) 12:45pm - 1:30pm Kieren</p>	<p>Body Conditioning (1) 10am - 10:45am Gemma</p> <p>Swiss Ball (2) 10am – 10.30am Kristy</p> <p>Pilates (2) 10.45am - 11:30am Kristy</p>	<p>Body Conditioning (1) 10am - 10:45am Jackie</p> <p>Boxercise (1) 11am-11.45am Aimee</p> <p>Calenetics + Stretch (2) 11am - 11:30am Jackie</p> <p>Zumba (1) 12am - 12:45pm Aimee</p>	<p>Pilates (1) 11.15am – 12pm Gill/ Natalie</p>	<p>Les Mills Body Pump (1) 10:15am - 11am Gemma</p>
	<p>Les Mills Body Balance (1) 3pm - 3.45pm Sara</p> <p>Pilates - (2) 5.30pm – 6:15pm Jackie</p> <p>Spinning – (1) 6pm - 6:45pm Gemma</p> <p>Les Mills Body Balance (2) 6.30pm-7.15pm Jackie</p> <p>Les Mills Body Pump (1) 7pm - 7:45pm Gemma</p> <p>Les Mills Body Combat (1) 8pm - 8:45pm Anna</p>	<p>Spinning (1) 5:15pm – 6pm Jo</p> <p>Beginners Pilates – (2) 5.15pm – 6pm Natalie</p> <p>Step – (1) 6.15pm – 7pm Natalie</p> <p>Fitness Yoga (2) 6:15pm - 7pm Jo</p> <p>L/B/T – (1) 7:15pm – 8pm Jo</p> <p>Dance Yoga – (2) 7.15pm – 8pm Charlotte</p>	<p>Mixed Yoga (2) 3pm – 4:00pm Vienna</p> <p>Coach by Colours (1) 6.50pm - 7:35pm Kieren</p> <p>Beginners Dance Class(2) 7pm-7.45pm Charlotte</p> <p>Body Conditioning (1) 7.50pm – 8.35pm Kieren</p>	<p>Fitness Yoga (2) 5pm - 5:45pm Jo</p> <p>Aqua 6:00pm - 6:45pm Charlotte</p> <p>Zumba (2) 6pm - 6:45pm Aimee</p> <p>Spinning (1) 6pm – 6.45pm Jo</p> <p>Les Mills Body Pump (1) 7pm - 7:45pm Anna</p> <p>Beginners Dance Class (2) 7pm-7.45pm Charlotte</p> <p>Les Mills Body Combat (1) 8pm – 8:45pm Anna</p>	<p>Les Mills Body Pump (1) 6pm – 6:45pm Gemma</p> <p>Spinning (1) 7pm – 7:45pm Gemma</p> <p>Boxercise (2) 7pm - 7:45pm Monju</p>		

(1) Studio 1, (2) Studio 2, All Classes in studio 1 have a Zoom Option available, please ask at reception for the login in details.