

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30-7:00 Cali Bootcamp Paul	6:15 - 7:00 BoxFit Helen	7:15 - 8:00 Pi- Yo Francoise	06:30-07:00 SpinBox 30 Roisin	6:15-7:00 Transformation HBFit (£3)	07:15-07:45 Meditation Francoise	9:00-10:00 truTour Spin60 Chris
07:15- 08:00 Pi - Yo Francoise	09:30-10:15 Spin Nicola	09:30 - 10:00 LBT Sally	07:00-07:15 Ab Attack Roisin	09:30-10:00 Fight Fit Hayley	09:30-10:15 Zumba Marek	10:30-11:15 Yoga Tracey
09:00-9:30 Aqua 30 Helen	09:30-10:15 Pilate / Yoga Fusion Yuko	10:30-11:15 Aqua Freddie	09:30-10:15 Pilates Yuko	10:15 - 11:00 Spin Nicola	10:30-11:00 Circuit Angelo	11:00 - 11:45 Pump Angelo
09:45-10:30 Yoga Paul	10:30-11.15 Dance Tone Sam	10:30:11:15 TruPump Sam	11:30-12:15 Xtend Barre Francoise	10:30 - 11:15 DanceFit Helen	10:30-11:15 Spin Nicola	
09:45 - 10:15 Aqua 30 Helen	12:30-13:15 Yoga Ania C	17:30-18:15 Tru Balance Nicola	11:30-12:15 Aqua Trina	10:00 - 10:30 Aqua 30 Freddie	11:15-12:00 Tru Balance Francoise	
10:30-11:15 Tru Pump Sam	17:30-18:00 Spinbox 30 Roisin	18:30-19:15 Pump Angelo	18:00- 19:00 truTour Spin60 Chris	10:45 - 11:15 Aqua 30 Freddie		
11:30-12:15 Pilates Sam	17:45-18:15 Tabata Sally	19:00-19:45 Spin Nicola	18.30-19.15 Yoga Michelle	11:30-12:15 Vinyasa Francoise		
17:30-18:15 Tru Balance Nicola	18:00-18:45 Ashtanga Yoga Paul	19:30-20:15 Aqua Helen	18:30-19:15 Tru LBT Sally	14:00 - 14:30 Spin 30 Roisin		
18:00-18:45 Spin 30 Roisin	18:30-19:15 Boxfit Sally	20:30-21:15 HOT Yoga Sophia	19:30 - 20:30 Hip Hop Step Angelo	17:30- 18:00 Hip Hop Step 30 Angelo		
18:30-19:15 Hybrid Hayley	19:00 - 19:45 Pilates Yuko			18:15 - 18:45 Circuit 30 Angelo		
	19.30 - 20:30 Hip Hop Step Angelo (£5)			19:00 - 20:15 Belly Dance Marek (£7 or donation)		
	20:00-20:30 Spin 30 Roisin					