

	Time	Class	Location	Instructor
<b>Monday</b>	7:00 – 7:45	Spinning	1	Will
	9:00 -10:00	Body Conditioning	1	Faye
	10:00 – 11:00	Hatha Yoga	1	Luos
	10:30 – 11:15	Aqua Fit	Pool	Kate
	11:00 – 12:00	Boxing Circuit	1	Faye
	17:30 - 18:00	Core Blimey	1	Duncan
	18:30 – 19:15 (approx)	Running Club (5 & 10km)		Duncan & Jo
	18:00 – 19:00	Spinning	1	Victoria
	19:00 – 20:00	Body Jam	1	Jamie
20:00 - 21:00	Pilates (Beg)	1	Emma	
<b>Tuesday</b>	9:00 – 10:00	Step	1	Deirdre
	10:00 - 11:00	Fitness Yoga	1	Claire
	11:00 – 11:45	Triple Tone	1	Claire
	10:00 – 11:00	Fit-Ball	Gym	Steve
	18:15 - 19:15	Body Combat	1	Craige
	18:30 - 19:30	Pilates	Wave Room	Emma M
	19:15 - 20:15	Body Pump	1	Craige
	20:00 - 21:00	Tai Chi	Wave Room	Ian
<b>Wednesday</b>	7:15 – 7:45	Ab Attack	1	Staff
	9:30 – 10:30	Street Dance	1	Emily
	10:30 – 11:30	Body Vive	1	TBC
	11:30 – 12:30	Pilates	1	Emma
	14:00 – 14:45	Spinning	1	Matt
	18:00 – 19:00	Step	1	Faye
	18:00 - 19:00	Pilates (Int)	Wave Room	Emma
	19:00 - 20:00	Circuit Training	1	Staff
	19:30 – 20:30	Yoga	Wave Room	Fiona
<b>Thursday</b>	9:00 - 10:00	Body Pump	1	Steve
	10:00 – 11:00	Hi/Lo Tone & Go	1	Alison
	11:00 – 12:00	Tai Chi	1	Ian
	12:00 – 12:45	Spinning	1	Staff
	17:30 – 18:00	Ab Attack	1	Emily
	18:00 – 19:00	Body Pump	1	Steve
	19:00 – 20:00	Spinning	1	Steve
	19:30 - 20:30	Stretch & Relax	Wave Room	Bev
<b>Friday</b>	9:00-10:00	Body Combat	1	Craige
	10:00 - 11:00	Roller Pilates	1	Claire
	10:00 - 10:45	Aqua Aerobics	Pool	Kate
	10:30 – 11:15	Spinning	Gym	Staff
	11:00 – 12:00	Yoga	1	Fiona
	18:00 – 19:00	Spinning	1	Craige
<b>Saturday</b>	9:00 - 10:00	Body Pump	1	Steve
	10:00 - 11:00	Stretch & Chill	1	Claire
	11:00 - 12:00	Body Combat	1	Tony
	14:00 – 14:45	Spinning	1	Staff
<b>Sunday</b>	9:00 – 9:45	Spinning	1	Staff
	10:00 - 11:00	Body Jam	1	Jamie
	11:00 – 12:00	Body Vive	1	Carly
	14:00 – 14:45	Spinning	1	Staff