

Monday				
Body balance	09.00-10.00	Studio 1	All/Int	Chris
Aerobics & toning	10.00-11.00	Studio 1	All	Michelle
Indoor cycling	10.15-11.00	Studio 2	All	Oliver
Aqua aerobics	10.15-11.00	Pool	All	Chris
Fitness Pilates	11.05-11.45	Studio 1	All	Chris
Tai Chi	11.45-12.45	Studio 1	Int	Colin
Young at heart	13.30-14.30	Studio 1	All	Michelle
Teen gym	16.30-17.15	Gym arena	11-16 yrs	Gym team
Cheerleading	17.00-18.00	Studio 1	5-11yrs	Stacy
Kettlebell	18.00-18.20	Gym arena	All	Lorena
Indoor cycling	18.00-18.45	Studio 2	All	Thomas
Body pump	18.00-19.00	Studio 1	All	Ruth
Aqua aerobics	18.20-19.00	Pool	All	Lorena
Body step	19.00-20.00	Studio 1	All	Ruth
Legs, bums & tums	20.00-20.45	Studio 1	All	Lorena

Tuesday				
Zumba	09.30-10.15	Studio 1	All	Kim
Body conditioning	10.15-11.00	Studio 1	All	David
Evergreen	11.00-12.00	Gym arena	All	David
Pilates	11.05-12.05	Studio 1	All	Miranda
Pilates	17.45-18.30	Studio 1	All	Chris
Indoor cycling	18.30-19.15	Studio 2	All	Cheryl
Aerobics & abs	18.30-19.30	Studio 1	All	Julie H
Body pump	19.30-20.15	Studio 1	All	Cheryl

Wednesday				
Body conditioning	09.30-10.30	Studio 1	All	Melanie S
Pilates	11.00-12.00	Studio 1	All	Julie R
Pilates	12.00-12.45	Studio 1	All	Julie R
Aqua aerobics	13.00-13.45	Pool	All	Julie R
Zumba	18.00-18.45	Studio 1	All	Melanie B
Indoor cycling	18.00-18.45	Studio 2	All	Oliver
Body pump	18.45-19.30	Studio 1	All	Melanie B
Body balance	19.45-20.45	Studio 1	All	Julie H

Thursday				
Fitness Pilates	09.15-10.00	Studio 1	All	Amanda
Indoor cycling	10.00-10.45	Studio 2	All	Lorena
Aerobics & toning	10.00-11.00	Studio 1	All	Amanda
Yoga	11.00-12.00	Studio 1	All	Amanda
Striker tots	13.15-14.45	Studio 1	Private hire	Striker tots
Street dance/hip hop	17.15-18.00	Studio 1	10-17yrs	Lauren
New Hardcore circuit	18.00-18.45	Studio 1	All/Int	Oliver
Pilates	18.45-19.30	Studio 1	All/Int	Chris
New Body combat	19.30-20.15	Studio 1	All	Ben
New Body pump	20.15-21.00	Studio 1	All	Ben

Friday				
Body step	09.30-10.30	Studio 1	All	Ruth
Nice & easy indoor cycling	10.00-10.30	Studio 2	All/Beg	Kiran
Body pump	10.30-11.30	Studio 1	All	Ruth
Aqua zumba	10.45-11.30	Pool	All	Kiran
Evergreen	11.00-12.00	Gym arena	All	Gym team
Young at heart	13.30-14.30	Studio 1	All	Amanda
New Indoor cycling	18.00-18.45	Studio 2	All	Lorena
Street dance/hip hop	18.00-19.00	Studio 1	5-11yrs	Josie
New Thai boxing	19.00-20.00	Studio 1	All	Mike

Saturday				
Zumba	09.30-10.30	Studio 1	All	Melanie B
Body pump	10.35-11.30	Studio 1	All	Melanie S
Tai Chi	12.00-13.00	Studio 1	All	Colin
Teen gym	12.30-13.15	Gym arena	11-16yrs	Gym team
New Body combat	14.30-15.30	Studio 1	All	Sam
New Body pump	15.30-16.30	Studio 1	All	Sam

Sunday				
Aerobics & toning	10.00-11.00	Studio 1	All	Sarah
New Military circuit	11.00-12.00	Studio 1	All/Int	Sarah
New Zumba	13.30-14.15	Studio 1	All	Sam
New Body pump	14.15-15.00	Studio 1	All	Sam
Striker tots	15.00-16.30	Studio 1	Private hire	Striker tots