

Please note you **MUST** book Spin & Yoga classes in advance, all classes are PAYG except gym floor classes.

Classes cannot be disturbed once started, so promptness is essential.

All class numbers are monitored and subject to change.



## MONDAY

SPIN	MISHAN	06:45 - 07:45
KETTLEBELLS	FITNESS TEAM	08:00 - 08:30
FLEX & STRENGTH	CAROL	09:30 - 10:30
YOUNG @ HEART	LINDA	10:30 - 11:30
BODY PUMP	EMMA	11:30 - 12:30
SPIN	EMMA	12:30 - 13:30
PILATES	NICOLA	13:30 - 14:30
K-SPARTAN	FITNESS TEAM	16:15 - 16:45
SPARTAN WARRIOR	FITNESS TEAM	17:30 - 18:00
FAT BLAST	BARTEK	18:15 - 19:15
METAFIT	BARTEK	19:15 - 19:45
PILATES	LISA	19:45 - 20:45

## TUESDAY

SPIN	BARTEK	06:45 - 07:45
BOOTCAMP	FITNESS TEAM	07:00 - 07:45
LBT	KAYLEIGH	09:15 - 10:00
YOGA	JEN	09:30 - 10:30
SPIN XPRESS	KAYLEIGH	10:00 - 10:30
AEROBICS	JANET	10:30 - 11:30
YOGA	JEN	10:30 - 11:30
AQUA AEROBICS	NICOLA	12:30 - 13:15
SPARTAN WARRIOR	FITNESS TEAM	12:00 - 12:30
BODY PUMP	JULIE	18:00 - 19:00
KETTLEBELLS	FITNESS TEAM	19:00 - 19:30
POWER YOGA	JOHN	19:00 - 20:00

## WEDNESDAY

BODY PUMP	KATE	07:00 - 07:45
SPARTAN R.I.P.P.E.D	FITNESS TEAM	08:00 - 08:30
SPIN	EMMA	09:15 - 10:15
STRETCH & FLEX	RITA JANE	10:15 - 11:15
YOUNG @ HEART	RITA JANE	11:15 - 12:15
K. SPARTAN	FITNESS TEAM	16:15 - 16:45
ASHTANGA YOGA	LORRAINE	18:00 - 19:00
BODY PUMP	JULIE	19:00 - 20:00
FBX	IAN	19:00 - 19:30
KETTLEBELLS	FITNESS TEAM	19:30 - 20:00

## THURSDAY

SPIN	BARTEK	06:45 - 07:45
SPARTAN STRENGTH	FITNESS TEAM	08:00 - 08:30
SPIN	CAROL	09:05 - 10:00
BODY PUMP	EMMA	10:00 - 11:00
AEROBICS	JANET	11:00 - 12:00
YOGA	JENNY	11:00 - 12:00
AQUA AEROBICS	NICOLA	11:00 - 11:45
TAI CHI	LEE	12:00 - 13:00
PILATES	ANN MARIE	13:00 - 14:00
K. SPARTAN	FITNESS TEAM	16:15 - 16:45
KETTLEBELLS	FITNESS TEAM	18:15 - 18:45
HIIT	EMMA	18:15 - 19:00
SPIN	EMMA	19:00 - 19:45
YOGA	LORRAINE	20:00 - 21:00

## FRIDAY

SPIN	MISHAN	06:45 - 07:45
BOOTCAMP	FITNESS TEAM	07:00 - 07:45
KETTLEBELLS	FITNESS TEAM	08:00 - 08:30
YOGA	JEN	08:00 - 09:00
BODY CONDITIONING	RITA JANE	09:15 - 10:00
STEP	RITA JANE	10:00 - 11:00
YOGA CORE FUSION	JEN	10:30 - 11:30
YOUNG @ HEART	EMMA	11:00 - 12:00
LBT	KAYLEIGH	12:00 - 13:00
PILATES	NICOLA	13:00 - 14:00
FUN CRAZE	JULIE	16:15 - 17:00
SPARTAN WARRIOR	FITNESS TEAM	17:30 - 18:00
BODY PUMP	JULIE	18:00 - 19:00

## SATURDAY

YOGA	JEN	09:00 - 10:00
FBX	IAN	10:00 - 10:30
SPARTAN STRENGTH	FITNESS TEAM	10:30 - 11:00
SPARTAN CORE	FITNESS TEAM	11:30 - 12:00

## SUNDAY

YOGA	CAROLE	09:00 - 10:00
BOXFIT	BARTEK	10:00 - 10:45
K-SPARTAN	FITNESS TEAM	10:30 - 11:00
SPIN	BARTEK	10:45 - 11:30
SPARTAN WARRIOR	FITNESS TEAM	11:00 - 11:30
METAFIT	BARTEK	11:30 - 12:00

### KEY:

- AEROBICS STUDIO
- GYM FLOOR
- POOL
- MIND & BODY
- SPORTS HALL