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Morning	Evening
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MON	1 hour	45 mins	1 hour	45 mins	45 mins	30 mins	30 mins	45 mins	1 hour	
	Dance Aerobics 09:30 Kirsty	 Group Cycle 09:30 Annie	Pure Stretch 10:35 Annie	Aqua Fit 10:45 Lisa	 Group Cycle 18:00 Bryan	Express Workout 18:00 Belle	Express Pilates 18:30 Belle	Group Cycle 19:00 Charlotte	Boxercise 19:00 Tom	
TUE	1 hour	1 hour	1 hour	1 hour	45 mins	1 hour	1 hour			
	Pilates 09:15 Nicole	Pilates 10:15 Nicole	 Group Cycle 10:30 Non Coached	Pilates 11:30 Amy	Power Abs 18:00 Charlotte	 Group Cycle 18:00 Tom	 Group Cycle 19:15 Non Coached			
WED	45 mins	1 hour	1 hour	45 mins	45 mins	45 mins	45 mins	1 hour	45 mins	1 hour
	 Group Cycle 06:30 Charlotte	Pilates 09:30 Viv	Pump 09:30 Helen	 Group Cycle 09:30 Sara	Express Step 10:35 Helen	Aqua Fit 11:15 Lisa	 Group Cycle 18:00 Tom	 Group Cycle 18:00 Annie	Pure Stretch 19:00 Helen	Aqua Fit 19:00 Helen
THUR	1 hour	1 hour	1 hour	1 hour	1 hour	1 hour	1 hour			
	Circuits 09:30 Sara	Pilates 09:30 Nicole	 Group Cycle 10:30 Non Coached	Pilates 10:35 Nicole	Body Strong 18:00 Rachel	Circuits 19:15 Rachel	 Group Cycle 19:00 Non Coached			
FRI	1 hour	1 hour	45 mins	1 hour	45 mins	45 mins	45 mins	1 hour		
	 Group Cycle 09:30 Sara 	Pilates 09:30 Viv	Aqua Fit 09:45 Helen	Leg Bum Tum 10:35 Helen	Ab Workout 10:45 Sara	Pilates 18:00 Christian	Yoga 18:45 Christian	 Group Cycle 18:00 Non Coached		
SAT	45 mins	45 mins	1 hour		Key:  - Group Cycle is a classic form of exercise to music focusing on endurance, strength, intervals, high intensity and recovery  - To Coach By Color® is to bring a simple and intuitive form of communication to Group cycling to improve the riders experience and to achieve their fitness results in less time  - Connect® - participants ride for, with or against each other to meet group targets, win team battles and achieve personal bests  - Virtually, everything is possible. Immerse yourself & take in the sights with myride					
	Core HIIT 08:10 Sara	  Group Cycle 09:00 Sara 	 Group Cycle 17:00 Non Coached							
SUN	45 mins	1 hour	1 hour							
	 Group Cycle 08:45 Charlotte	 Group Cycle 10:00 Non Coached	Yoga 10:00 Beccy							