

# Class Timetable

	Morning				Evening			
MON	40 mins	40 mins	40 mins	40 mins	40 mins	40 mins	40 mins	
	<b>HIIT</b> 09:00 Ben R	<b>Pilates</b> 09:30 Nicole	<b>Abs Blast</b> 10:00 Ben R	<b>Aquafit</b> 10:05 Leonie	<b>Pilates</b> 10:15 Nicole	<b>Body Strong</b> 18:00 Becci	<b>Abs Blast</b> 18:50 Becci	
TUE	40 mins	40 mins	40 mins	40 mins				
	<b>Group Cycle</b> 09:00 Tom G	<b>Circuits</b> 10:00 Tom G	<b>Kettlebell Swing</b> 18:00 Ben R	<b>Circuits</b> 18:50 Ben R				
WED	40 mins	40 mins	40 mins	40 mins	40 mins	40 mins	40 mins	
	<b>Stretch &amp; Mobility</b> 09:00 Ben P	<b>Pilates</b> 09:30 Amy	<b>HIIT</b> 10:00 Ben P	<b>Aquafit</b> 10:05 Leonie	<b>Pilates</b> 10:15 Amy	<b>Cardio Burn</b> 18:00 Becci	<b>Body Strong</b> 18:50 Becci	
THUR	40 mins	40 mins	40 mins	40 mins	40 mins	40 mins	40 mins	
	<b>Group Cycle</b> 09:00 Tom G	<b>Circuits</b> 10:00 Tom G	<b>Group Cycle</b> 17:30 Rob	<b>Pure Stretch</b> 18:00 Annie	<b>Circuits</b> 18:20 Rob	<b>Pure Stretch</b> 18:45 Annie	<b>Hatha Yoga</b> 19:30 Annie	
FRI	40 mins	40 mins	40 mins	40 mins	40 mins	40 mins	40 mins	
	<b>Kettlebell Swing</b> 09:00 Ben P	<b>Hatha Yoga</b> 09:30 Lucie	<b>Abs Blast</b> 10:00 Ben P	<b>Aquafit</b> 10:05 Helen	<b>Hatha Yoga</b> 10:15 Lucie	<b>Abs Blast</b> 17:30 Rob	<b>Group Cycle</b> 18:20 Rob	
SAT	40 mins	40 mins	<b>Group Cycle (Virtual)</b> 08:05 – 09:15 – 10:30 – 11:45 – 13:00 – 14:15 – 15:30 – 16:45					
	<b>Full Body Resistance</b> 08:15 Nick	<b>Full Body Resistance</b> 09:15 Nick						
SUN	40 mins	40 mins	<b>Group Cycle (Virtual)</b> 08:05 – 09:15 – 10:30 – 11:45 – 13:00 – 14:15 – 15:30 – 16:45					
	<b>Full Body Resistance</b> 08:15 Nick	<b>Full Body Resistance</b> 09:15 Nick						