



	Morning		Afternoon				Evening						
M	Kettlebells		Body Conditioning	Hatha Yoga			Spin	Circuits	Ab Attack	Beginners Pilates	Body Blitz	HIIT	
	07:30 - 08:15		12:15 - 13:00	12:15 - 13:15			17:15 - 17:55	17:30 - 18:25	18:00 - 18:30	18:30 - 19:15	18:35 - 19:35	19:45 - 20:30	
T	Spin	Pre / Post Natal Fitness	Mixed Pilates	Hatha Yoga	Circuits or Trim Trail	Hatha Yoga	Kettlebells	Spin	Beginners Pilates	Spin & Abs	Body Blitz	Intermediate Pilates	Ladies Free Weights
	07:30 - 08:15	09:30 - 10:30	12:30 - 13:15	12:15 - 13:15	12:15 - 12:55	13:15 - 14:15	17:00 - 17:40	17:45 - 18:25	18:30 - 19:15	18:30 - 19:25	19:30 - 20:30	19:30 - 20:30	20:35 - 21:35
W	Spin		Spin	Intermediate Pilates			Body Conditioning	Body Blitz	Spin & Abs	HIIT			
	07:30 - 08:15		12:15 - 13:00	12:15 - 13:00			17:15 - 18:00	18:05 - 19:05	19:15 - 20:10	20:15 - 21:00			
T			Mixed Pilates	Hatha Yoga	Circuits		Spin	Circuits	Intermediate Pilates	Spin & Abs	Beginners Pilates	Body Conditioning	Barre
			12:15 - 13:00	12:15 - 13:15	12:15 - 12:55		17:15 - 17:55	17:30 - 18:25	18:00 - 18:45	18:00 - 18:55	19:00 - 19:45	19:00 - 19:45	20:15 - 21:00
F	Kettlebells		Mixed Pilates	LBT	Intermediate Pilates		Spin	Ab Attack					
	07:30 - 08:15		12:15 - 13:00	12:30 - 13:15	13:15 - 14:00		17:15 - 18:00	18:00 - 18:30					
S	Gym 360	Spin & Abs					Gym 360						
	09:00 - 10:00	10:00 - 11:00					16:00 - 17:00						
S	Gym 360						Gym 360						
	09:00 - 10:00						16:00 - 17:00						

Cardio	Conditioning	Combination	Holistic
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