

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Health & Fitness Studio						
6:30-7:30am	Beginners Spin &... <i>Gym Team</i>	Les Mills CX-WORX <i>Derry</i> (6:45)	Spin &... <i>Tracy A</i>	Les Mills GRIT (6:45) <i>Ryan</i>	SpinFIT <i>Ryan</i>	Saturday Spin (8:45am) <i>Neil</i>
9:15am-10:15am	Morning Spin <i>Tracy A</i>	Bums & Tums	Les Mills	Old School Aerobics	Bums & Tums <i>Denise</i>	Saturday Circuits <i>Neil</i>
10:30am-11:30am	Les Mills GRIT <i>Steph</i>	Spin (10:30-11:00) <i>Gemma</i>	BODYCOMBAT <i>Mickey</i>	Les Mills GRIT <i>Ryan</i>	Boxercise <i>Neil</i>	Les Mills GRIT (9:30-10:30am) <i>Ryan</i>
11:30-12:30pm	-----	Barreflow Pilates (11:15am-12:00noon) <i>Annalie</i>	Les Mills	-----	-----	-----
5:30-6:00pm	Quick Spin <i>Gym Team</i>	-----	Boxercise Xpress <i>Derry</i>	Spin (11:30-12:00) <i>Tracy A</i>	Body Conditioning <i>Neil</i>	-----
6:00pm-7:00pm	Les Mills	Les Mills GRIT <i>Ryan</i>	Les Mills	Bums & Tums <i>Tracy A</i>	Les Mills CX-WORX <i>Derry</i>	-----
7:15pm-8:15pm	BODYCOMBAT <i>Mickey</i>	Fight Club (6:30-7:30pm) <i>Mickey</i>	BODYPUMP <i>Michaela</i>	Les Mills	Spin <i>Gym Team</i>	-----
	Les Mills	Beginners Spin <i>Thierry</i>	Les Mills GRIT <i>Rob</i>	BODYCOMBAT <i>Mickey</i>	-----	-----
	BODYPUMP <i>Jemma</i>	-----	-----	Spin (7:45-8:15pm) <i>Gemma</i>	-----	Sunday
Mind & Body Studio						
9:15am-10:15am	Piloxing Level 1	Zumba	Bums & Tums	Chi Yoga	Zumba	Beginners Spin (08:45am) <i>Thierry</i>
10:30am-11:30am	Tracy C	<i>Carla</i>	<i>Denise</i>	<i>Tom</i>	<i>Sue</i>	Bums & Tums (9:30-10:30am) <i>Nicky</i>
11:30-12:30pm	Pilates Plus <i>Annalie</i>	All Abilities Pilates (10:15-11:15am) <i>Annalie</i>	Swiss Ball Pilates <i>Tracy C</i>	Pilates Beginners	Olit <i>Marica</i>	Olit <i>Marica</i>
6:00pm-7:00pm	-----	-----	-----	All Abilities Yoga <i>Jane</i>	Advanced Yoga <i>Emma</i>	-----
7:00pm-8:00pm	Tone To The Beat <i>Tracy C</i>	Zumba <i>Sue</i>	Old School Aerobics <i>Nicky</i>	Olit <i>Marica</i>	-----	-----
	-----	Yoga <i>Jane</i>	Piloxing Level 2 <i>Tracy C</i>	Yoga <i>Catharine</i>	-----	-----
In The Pool						
9:30-10:15am	-----	-----	-----	-----	-----	Saturday
10:30-11:15am	Aqua <i>Nicky</i>	Aqua <i>Tracy C</i>	Aqua <i>Tracy A</i>	Aqua <i>Tracy A</i>	Beginners Aqua <i>Denise</i>	Beginners Aqua <i>Karen</i>
6:30-7:15pm	-----	Beginners Aqua <i>Karen</i>	-----	-----	-----	-----
Mummyfit						
10:00-11:00am	-----	-----	Bootcamp <i>Vicki</i>	-----	Bootcamp <i>Vicki</i>	Beginners
11:00-11:45am	Post-Natal Spin <i>Vicki</i>	-----	-----	-----	-----	Intermediate
11:45-12:30pm	Core & Stretch <i>Vicki</i>	-----	-----	-----	-----	Most Classes are for all abilities
12:00-1:00pm	-----	-----	-----	Mummyfit Active <i>Tracy A</i>	-----	However, we have specifically
12:30-1:15pm	Post-Natal Spin <i>Vicki</i>	-----	-----	-----	-----	added a Traffic Light System, to
6:15-7:00pm	-----	-----	-----	-----	Pre-Natal Stretch <i>Vicki</i>	those that require certain levels
7:00-7:45pm	-----	-----	-----	Pre-Natal Aqua <i>Tracy A</i>	-----	of fitness, or aimed at Beginners

TIMETABLE CHANGES:
BOOKING SHEETS AVAILABLE:

Monday 8th September.
Monday 1st September.

LES MILLS GRIT/CX-WORX START:
MOVE TO ONLINE BOOKING SYSTEM:

Thursday 9th October.
Monday 6th October.