

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Kettlebells Eszter 08:15-08:45			Rise & Shine Yoga Val 08:15-09:00	Body Blitz Colin 08:15-09:00	Tai Chi Mike 09:00-10:00
Combat Alice 09:15-10:00	Fit Flow Yoga Jane G 09:15 - 10:00	Move Tina 09:15-10:00	LBT Mandi 09:15-10:00	Lift Lean Mandi 09:15-09:45	Barre Sculpt Abi 09:15-10:00	Studio Cycle Eszter 9:30-10:15 (Woodland Gym)
Pilates Penny 10:15 - 11:00	Supple Strength Carolyn 10:15-11:00	Core Release Tina 10:15-11:00	Senior Pilates Penny 11:15-12:00	Dynamic Pilates Abi 10:15-11:00	Stretch & Tone Alice 10:15-11:00	Yoga Vinyasa Yvonne 10:15-11:00
		Pilates Tina 11:15-12:00			Studio Cycle Abi 10:15-10:45 (Woodland Gym)	Qigong Paul 11:15-12:15
HIIT Tina 18:00-18:30	Zumba Lauren 17:15-18:00	Kettlebells Rich 17:00-17:45		Hatha Yoga Jane G 16:15-17:00		
Studio Cycle Alice 18:15-19:00 (Woodland Gym)	Dynamic Pilates Abi 18:15 - 19:00	HIIT Eszter 18:00-18:30	Cardio Barre Lucy P 18:15-19:00	Dynamic Flow Yoga Jane G 17:15-18:00		
Pump Tina 18:45-19:30						