

Friday 18 Jan 2019	Duration	Intensity Level
07:15 -- Studio Cycle	45 mins	⊛ ⊛ ⊛ ⊛
09:30 -- Kettlebells	45 mins	⊛ ⊛ ⊛ ⊛
13:15 -- Pilates	45 mins	⊙ ⊙ ⊛ ⊛
18:00 -- Strength and Conditioning	60 mins	⊛ ⊛ ⊛ ⊛
19:00 -- Kickboxing	60 mins	⊛ ⊛ ⊛ ⊛

Saturday 19 Jan 2019	Duration	Intensity Level
09:15 -- Studio Cycle	45 mins	⊛ ⊛ ⊛ ⊛

Sunday 20 Jan 2019	Duration	Intensity Level
09:15 -- 50/50 Kettlebells/ Studio Cycling	45 mins	⊙ ⊙ ⊛ ⊛
10:15 -- Strength & Mobility	45 mins	⊙ ⊙ ⊛ ⊛

Monday 21 Jan 2019	Duration	Intensity Level
07:15 -- Circuits	45 mins	⊛ ⊛ ⊛ ⊛
09:30 -- Aerobics (Beginner Class)	45 mins	⊛ ⊛ ⊛ ⊛
10:30 -- Body Conditioning	60 mins	⊙ ⊙ ⊛ ⊛
11:45 -- Pilates	45 mins	⊙ ⊙ ⊛ ⊛
18:00 -- Strength and Conditioning	60 mins	⊛ ⊛ ⊛ ⊛
18:15 -- Studio Cycle	45 mins	⊛ ⊛ ⊛ ⊛
19:00 -- Kickboxing	60 mins	⊛ ⊛ ⊛ ⊛
19:15 -- Yoga	90 mins	⊙ ⊙ ⊛ ⊛

Tuesday 22 Jan 2019	Duration	Intensity Level
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This timetable is current as of 18/01/2019. Activities and schedules subject to change.

Whilst we make every effort for classes to be covered, there may be occasions where we have no option but to offer an alternative class due to instructor availability.

09:15 -- Pilates	45 mins	
10:15 -- Step/ Beginner Step	45 mins	
11:00 -- Yoga	90 mins	
17:30 -- Pump FX	60 mins	
18:00 -- Circuits	60 mins	
18:30 -- Pilates	45 mins	

Wednesday 23 Jan 2019	Duration	Intensity Level
07:15 -- Strength & Mobility	45 mins	
09:15 -- Suspension Training	45 mins	
10:15 -- Pilates (Beginner)	45 mins	
11:15 -- Dance Fit	45 mins	
12:15 -- Studio Cycle	45 mins	
17:30 -- Body Conditioning	45 mins	
18:30 -- Step/ Beginner Step	45 mins	
19:30 -- Studio Cycle	45 mins	

Thursday 24 Jan 2019	Duration	Intensity Level
07:15 -- Kettlebells	45 mins	
09:30 -- Studio Cycle	45 mins	
10:45 -- Aquafit	45 mins	
11:45 -- Yoga	60 mins	
18:00 -- Circuits	60 mins	
18:30 -- Pilates	45 mins	
19:30 -- Aquafit	45 mins	

Friday 25 Jan 2019	Duration	Intensity Level
07:15 -- Studio Cycle	45 mins	
09:30 -- Kettlebells	45 mins	

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13:15 -- Pilates	45 mins	
18:00 -- Strength and Conditioning	60 mins	
19:00 -- Kickboxing	60 mins	

Saturday 26 Jan 2019	Duration	Intensity Level
09:15 -- Studio Cycle	45 mins	

Sunday 27 Jan 2019	Duration	Intensity Level
09:15 -- 50/50 Kettlebells/ Studio Cycling	45 mins	
10:15 -- Strength & Mobility	45 mins	

Monday 28 Jan 2019	Duration	Intensity Level
07:15 -- Circuits	45 mins	
09:30 -- Aerobics (Beginner Class)	45 mins	
10:30 -- Body Conditioning	60 mins	
11:45 -- Pilates	45 mins	
18:00 -- Strength and Conditioning	60 mins	
18:15 -- Studio Cycle	45 mins	
19:00 -- Kickboxing	60 mins	
19:15 -- Yoga	90 mins	

Tuesday 29 Jan 2019	Duration	Intensity Level
09:15 -- Pilates	45 mins	
10:15 -- Step/ Beginner Step	45 mins	
11:00 -- Yoga	90 mins	
17:30 -- Pump FX	60 mins	
18:00 -- Circuits	60 mins	
18:30 -- Pilates	45 mins	

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Whilst we make every effort for classes to be covered, there may be occasions where we have no option but to offer an alternative class due to instructor availability.

Wednesday 30 Jan 2019	Duration	Intensity Level
07:15 -- Strength & Mobility	45 mins	☆☆☆☆
09:15 -- Suspension Training	45 mins	★★★★
10:15 -- Pilates (Beginner)	45 mins	☆☆☆☆
11:15 -- Dance Fit	45 mins	☆☆☆☆
12:15 -- Studio Cycle	45 mins	★★★★
17:30 -- Body Conditioning	45 mins	☆☆☆☆
18:30 -- Step/ Beginner Step	45 mins	★★★★
19:30 -- Studio Cycle	45 mins	★★★★

Thursday 31 Jan 2019	Duration	Intensity Level
07:15 -- Kettlebells	45 mins	★★★★
09:30 -- Studio Cycle	45 mins	★★★★
10:45 -- Aquafit	45 mins	★★★★
11:45 -- Yoga	60 mins	☆☆☆☆
18:00 -- Circuits	60 mins	★★★★
18:30 -- Pilates	45 mins	☆☆☆☆
19:30 -- Aquafit	45 mins	★★★★

Friday 01 Feb 2019	Duration	Intensity Level
07:15 -- Studio Cycle	45 mins	★★★★
09:30 -- Kettlebells	45 mins	★★★★
13:15 -- Pilates	45 mins	☆☆☆☆
18:00 -- Strength and Conditioning	60 mins	★★★★
19:00 -- Kickboxing	60 mins	★★★★

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