

Monday 25 Mar 2019	Duration	Intensity Level
07:00 -- Spinning	45 mins	
10:30 -- Young @ Heart	60 mins	⊕ ⊕ ⊕ ⊕
15:30 -- Young Adults Gym	90 mins	⊕ ⊕ ⊕ ⊕
17:45 -- Aquafit	45 mins	⊕ ⊕ ⊕ ⊕
18:00 -- Body Step	60 mins	⊕ ⊕ ⊕ ⊕
19:00 -- Body Pump	60 mins	⊕ ⊕ ⊕ ⊕
20:00 -- Yoga	60 mins	⊕ ⊕ ⊕ ⊕

Tuesday 26 Mar 2019	Duration	Intensity Level
09:30 -- Body Step	60 mins	⊕ ⊕ ⊕ ⊕
10:30 -- Aerobics	60 mins	⊕ ⊕ ⊕ ⊕
15:30 -- Young Adults Gym	90 mins	⊕ ⊕ ⊕ ⊕
17:15 -- Studio Cycle	45 mins	⊕ ⊕ ⊕ ⊕
18:00 -- Aerobics	60 mins	⊕ ⊕ ⊕ ⊕
18:15 -- Bootcamp	45 mins	⊕ ⊕ ⊕ ⊕
19:00 -- Barbell	60 mins	⊕ ⊕ ⊕ ⊕

Wednesday 27 Mar 2019	Duration	Intensity Level
07:00 -- Spinning	45 mins	
08:55 -- CX Works	30 mins	⊕ ⊕ ⊕ ⊕
09:30 -- Body Pump	55 mins	⊕ ⊕ ⊕ ⊕
10:30 -- Young @ Heart	60 mins	⊕ ⊕ ⊕ ⊕
11:15 -- Aquafit	45 mins	⊕ ⊕ ⊕ ⊕
15:30 -- Young Adults Gym	90 mins	⊕ ⊕ ⊕ ⊕
18:00 -- Body Pump	55 mins	⊕ ⊕ ⊕ ⊕
		⊕ ⊕ ⊕ ⊕

This timetable is current as of 19/03/2019. 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.

19:00 -- CX Works	30 mins	
19:30 -- Body Balance	55 mins	⊕ ⊕ ⊕ ⊕

Thursday 28 Mar 2019	Duration	Intensity Level
08:30 -- Pilates	45 mins	⊕ ⊕ ⊕ ⊕
09:15 -- Aerobics	45 mins	⊕ ⊕ ⊕ ⊕
10:00 -- Pilates	60 mins	⊕ ⊕ ⊕ ⊕
11:30 -- Zumba	60 mins	⊕ ⊕ ⊕ ⊕
15:30 -- Young Adults Gym	90 mins	⊕ ⊕ ⊕ ⊕
17:30 -- Body Step	55 mins	⊕ ⊕ ⊕ ⊕
18:15 -- Aquafit	45 mins	⊕ ⊕ ⊕ ⊕
18:15 -- Circuits	45 mins	⊕ ⊕ ⊕ ⊕
18:30 -- Body Combat	55 mins	⊕ ⊕ ⊕ ⊕
19:30 -- Pilates	60 mins	⊕ ⊕ ⊕ ⊕




Friday 29 Mar 2019	Duration	Intensity Level
07:00 -- Spinning	45 mins	
08:55 -- CX Works	30 mins	⊕ ⊕ ⊕ ⊕
09:30 -- Body Pump	55 mins	⊕ ⊕ ⊕ ⊕
10:30 -- Body Balance	60 mins	⊕ ⊕ ⊕ ⊕
11:30 -- Fit4Life	60 mins	
15:30 -- Young Adults Gym	90 mins	⊕ ⊕ ⊕ ⊕
18:00 -- Studio Cycle	60 mins	⊕ ⊕ ⊕ ⊕

Saturday 30 Mar 2019	Duration	Intensity Level
08:30 -- Pilates	55 mins	⊕ ⊕ ⊕ ⊕
09:30 -- Body Step	60 mins	⊕ ⊕ ⊕ ⊕
10:30 -- Young @ Heart	60 mins	⊕ ⊕ ⊕ ⊕

Sunday 31 Mar 2019	Duration	Intensity Level
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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.

09:00 -- Body Step	55 mins	
10:00 -- Studio Cycle	45 mins	
10:45 -- Body Pump	60 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.