



Mon	Class	Instructor	Studio
09:30 - 10:15	Spin	Tracy	2
10:00 - 10:45	Boxercise	Francis	1
12:30 - 13:30	Pilates	Menchu	3
17:15 - 17:30	Bike Set Up	Barbara	2
17:30 - 18:00	Spin	Barbara	2
17:45 - 18:00	Pump Set Up	Mandy	1
18:00 - 18:45	Body Pump	Mandy	1
18:00 - 18:55	Ride & Tone	Barbara	2
18:50 - 19:25	Body Attack Express	Mandy	1
19:00 - 19:45	Spin	Barbara	2
19:30 - 20:15	Step	Tara	1
19:35 - 20:20	Cha Samba /Zumba	Lee	5
19:35 - 20:35	Energise Yoga	Briony	3
20:15 - 21:00	Rebound UK Bounce & Burn	Tara	1

Tue	Class	Instructor	Studio
06:30 - 07:15	Spin	Barbara	2
09:30 - 10:15	Body Pump	Karen F	2
10:00 - 10:45	Tempo Kido Meditation	Fash	3
10:15 - 10:45	Core & Stretch	Karen F	1
17:30 - 18:15	Body Attack	Emma	1
18:00 - 18:15	Vibe Set Up	Mandy	2
18:15 - 19:00	Vibe Cycle	Mandy	2
18:15 - 19:15	Yogalates	Karen	3
18:20 - 19:05	Boxercise	Francis	1
19:15 - 20:00	Body Pump	Emma	1
19:15 - 20:00	Body Balance	Karen C	3
19:15 - 20:00	Rebound UK Bounce & Burn	Hannah	5
20:00 - 20:45	LBT/Stretch	Emma	1

Wed	Class	Instructor	Studio
09:15 - 10:00	Body Pump	Veronika	1
10:15 - 10:45	HIIT Express	Emma	1
10:45 - 11:15	Abs & Stretch Express	Emma	1
12:30 - 13:30	Pilates	Jenny	3
13:15 - 14:00	Spin	Emma	2
17:45 - 18:30	Body Pump	Helen	1
18:30 - 19:15	Vibe Cycle	Bryan	2
19:00 - 19:45	Combat	Joanna	1
19:15 - 20:15	Energise Yoga	Briony/Claudia	3
19:45 - 20:30	Step	Joanna	1
20:30 - 21:00	Stretch & Release	Joanna	1



Thu	Class	Instructor	Studio
06:30 - 07:15	Spin	Karen C	2
06:45 - 07:30	Core Power Training	Francis	1
09:30 - 10:15	Vibe Cycle	Bryan	2
09:30 - 10:15	Zumba	Joanna	1
10:15 - 11:00	Body Balance	Joanna	1
18:15 - 19:00	Body Attack	Mandy	1
18:15 - 19:00	Rebound UK Bounce & Burn	Hannah	5
18:15 - 18:30	Bike Set Up	Karen C	2
18:15 - 19:15	Yoga (starting January)	Claudia	3
18:30 - 19:15	Ride & HOP	Karen C	2
19:00 - 19:35	Body Pump Express	tbc	1
19:15 - 20:00	Body Balance	Karen C	3
19:15 - 20:00	Zumba	tbc	5
19:45 - 20:30	Spin	Hannah	2
19:40 - 20:20	CxWorx	tbc	1

Fri	Class	Instructor	Studio
06:45 - 07:30	Body Pump	Tracy	1
11:00 - 12:00	Hatha Yoga	Debbie	3
13:15 - 14:00	Spin	tbc	2
18:00 - 18:45	Vibe	Mandy	2
18:00 - 18:55	HOP	Karen C	1
19:00 - 19:45	Body Pump	Mandy	1

Sat	Class	Instructor	Studio
09:00 - 09:45	Vibe Cycle	Paula	2
09:00 - 09:45	Rebound UK Bounce & Burn	Helen	5
09:15 - 10:00	Body Attack	Mandy	1
10:00 - 11:00	Cha-Samba /Zumba	Lee/Federico	1
11:30 - 12:30	Pilates	Jenny/Yan	3
11:15 - 12:15	Aerial Yoga	Rosie/Annie	5

Sun	Class	Instructor	Studio
09:30 - 10:30	Spin	Hannah	2
09:30 - 10:30	Body Circuits (Dec 2016)	Yan	5
09:30 - 10:30	Fit2Fite (starting January)	Yan	5
10:30 - 11:15	Body Pump	Mandy	1
11:15 - 12:00	Body Balance	Karen C	1
11:15 - 12:00	Tempo Kido	Fash	3
12:30 - 13:30	Energysse Yoga	Briony	3