

Monday	Class	Instructor
07:00 - 07:45	Performance Cycling	Les
08:15-09:00	Pilates	Diane
09:10 – 10:00	Hour of Power	Jacqui
10:10 – 10:40	Muscle/Strength/Tone (Upper body)	Jacqui
10:45 – 11:15	Waistaway	Vicky
11:20 – 12:05	Step	Vicky
12:15 – 1:00	Aqua	Vicky
12:15 – 13:15	Pilates	Diane
13:30 – 14:45	Yoga	Carolyn
17:00– 17:45	Performance Cycling	Laura
18:00 – 18:30	HIIT Cardio	Jane
18:30 – 19:00	Absolute Abs	Jane
19:00– 19:30	Express HOP	Jane
19:40-20:30	Pilates	Suzanne

Thursday	Class	Instructor
06:45 – 07:45	Vinyasa Flow	Sophie
08:15 – 08:45	Performance Cycling	Laura
09:00 – 09:30	Metafit	Laura
09:30 -10:00	Express HOP	Laura
10:05 – 10:50	Spinal Flexibility	Bernie
10:55 – 11:55	Pilates	Heather
12:00 – 12:45	Aqua	Karen
12:00– 12:55	Broadway Boogie	Sarah
13:10– 13:50	HIIT Cycling	Jacqui
14:00 – 14:30	Express HOP	Jacqui
14:40 – 15:15	Ballet Bar	Gemma
15:30 – 16:30	Tai Chi	Bernie
17:00 – 17:45	Performance Cycling	Joe
1800– 18:30	Muscle/Strength/Tone	Jane
18:35 – 19:05	HIIT Circuit	Jane
19:15 – 20:30	Yoga	Sophie

Tuesday	Class	Instructor
06:45 - 07:45	Hatha Yoga	Caroline
08:15 – 08:45	Performance Cycling	Gill
09:10 – 09:40	Metafit	Gill
09:45 – 10:15	Waistaway	Gill
10:20 – 10:50	Muscle/Strength/Tone (Upper body)	Gill
11:00 – 12:00	Vinyasa Flow	Grace
12:00- 12:45	Aqua	Vicky
12:10 – 12:40	Express HOP	Grace
12:45 – 13:30	Dance Fit	Gemma
13:45 – 14:30	Holistic Relaxation	Carolyn
14:45 – 15:45	Pilates	Heather
16:30 – 17:15	HIIT Cycling	Jacqui
17:30 – 18:00	Express HOP	Jacqui
18:10 – 18:40	Performance Cycling	Laura
18:50 – 19:20	HIIT Step	Jane
19:30-20:45	Restorative Yoga	Carolyn

Friday	Class	Instructor
07:00 – 07:45	Performance Cycling	Graeme
08:15 – 09:00	HIIT Cycling	Jacqui
09:10 – 09:40	Express HOP	Jane
09:50 – 10:20	HIIT Step	Jane
10:30 – 11:00	Feel Good Friday	Grace
11:05 – 11:45	Step	Grace
11:50 – 12:30	Vinyasa Flow (express)	Grace
12:35 – 13:35	Pure Serenity	Bernie
13:45– 14:45	Gentle Yoga	Ellie
15:00 – 16:00	Ballroom Dancing (solo dance)	Vicky
16:05 – 17:00	Beginners Ballroom	Steve
17:15 – 18:00	Dance Fit	Sue
18:10 – 19:10	Hatha Yoga	Caroline

Wednesday	Class	Instructor
07:00 – 07:45	Performance Cycling	Graeme
08:00 – 08:30	Meditation	Ellie
08:35 – 09:05	Pure Stretch	Ellie
09:15 – 09:45	Waistaway	Vicky
09:50 – 10:20	Dance Aerobics	Sarah
10:30- 11:10	HOP	Grace
11:15 – 12:15	Line Dancing	Grace
12:30 – 13:30	Spinal Flexibility	Gill
13:45 – 15:00	Yoga	Carolyn
15.10 - 16.10	Medical Chi Gung	Bernie
16:45 – 17:45	Pilates	Heather
18:00 – 18:45	Performance Cycling	Sarah
18:55– 19:25	Express HOP	Sarah
19:30 – 20:15	Step and Tone	Debbie

Saturday	Class	Instructor
07:45 – 08:30	Performance Cycling	Conrad
08:45 – 09:15	Metafit	Gill
09:20 – 10:20	Hour of Power	Gill
10.30 – 11:15	Spinal Flexibility	Gill
11:30 – 12:30	Fit Steps	Sarah
12.35 – 13.05	Ballet Bar	Sarah
13:15 – 14:30	Yoga	Carolyn
15:00 16:00	Pilates	Diane

Sunday	Class	Instructor
07:45 – 08:30	Performance Cycling	Laura
08:45 – 09:15	Metafit	Laura
09:20 – 09:50	Express HOP	Laura
09:55 – 10:55	Physio Based Pilates	Nicky
11:00 – 11:45	Waistaway	Debbie
11:50 – 12:20	Total Body Conditioning	Debbie
12:30 – 13:30	Vinyasa Flow	Sophie
18:00 – 19:00	Gentle Yoga	Ellie

