

4Monday	Class	Instructor
09:10 – 10:00	Hour of Power	Jacqui
10:10 – 10:40	Strappy Top	Jacqui
10:50 – 11:20	Waistaway	Vicky
11:30 – 12:00	Step	Vicky
12:15 – 12:45	Aqua LESS Aerobics	Vicky
13:00 – 14:00	Pilates	Diane
14:10 – 15:10	Yoga	Carolyn
16:30– 17:00	Performance Cycling	Laura
17:15 – 17:45	HIIT Cardio	Jane
17:50 – 18:20	Absolute Abs	Jane
18:30 – 19:00	Express HOP	Jane

Tuesday	Class	Instructor
08:30 – 09:00	Performance Cycling	Gill
09:15 – 09:45	Metafit	Gill
09:50 – 10:20	Waistaway	Gill
10:25 – 10:55	Strappy Top	Gill
11:00 – 12:00	Vinyasa Flow	Grace
12:10 – 12:40	Express HOP	Grace
12:45 – 13:15	Aqua LESS Aerobics	Vicky
13:20 – 14:00	Dance Fit	Gemma
14:10 – 14:50	Holistic Relaxation	Carolyn
15:00 – 16:00	Pilates	Heather
16:15 – 17:00	HIIT Cyclin	Jacqui
17:15 – 17:45	Express HOP	Jacqui
18:00 – 18:30	Performance Cycling	Laura
18:40 – 19:15	HIIT Step	Jane

Wednesday	Class	Instructor
08:45 – 09:15	Pure Stretch	Ellie
09:20 – 09:50	Waistaway	Vicky
10:00 – 10:30	Dance Aerobics	Sarah
10:40- 11:20	HOP	Grace
11:30 – 12:30	Line Dancing	Grace
12:40 – 13:40	Spinal Flexibility	Gill
13:50 – 15:00	Yoga	Gill
15:10 – 16:10	Pilates	Heather
17:30 – 18:00	Performance Cycling	Sarah
18:10 – 18:40	Express HOP	Sarah
18:45 – 19:15	Step and Tone	Debbie

Thursday	Class	Instructor
08:15 – 08:45	Performance Cycling	Laura
09:00 – 09:30	Metafit	Laura
09:30 -10:00	Express HOP	Laura
10:05 – 10:45	Spinal Flexibility	Bernie
10:50 – 11:50	Pilates	Heather
12:00 – 12:30	Aqua LESS Aerobics	Karen
12:35– 13:35	Broadway Boogie	Sarah
13:45– 14:30	HIIT Cycling	Jacqui
14:45 – 15:15	Express HOP	Jacqui
15:15 – 15:45	Ballet Bar	Gemma
16:00 – 17:00	Tai Chi	Bernie
17:15 – 17:45	Absolute Abs	Jane
17:50 – 18:20	HIIT Step	Jane
18:30 – 19:30	Yoga	Sophie

Friday	Class	Instructor
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 – 12:25	Vinyasa Flow (express)	Grace
12:30 – 13:30	Pure Serenity	Bernie
14:00 – 15:15	Gentle Yoga	Ellie
15:30 – 16:30	Ballroom Dancing (solo dance)	Vicky
17:00 – 17:45	Dance Fit	Sue
18:00 – 19:00	Hatha Yoga	Caroline

Saturday	Class	Instructor
08:00 – 08:45	Performance Cycling	Gill
09:00 – 09:30	Metafit	Gill
09:30 – 10:30	Hour of Power	Gill
10.35 – 11:20	Spinal Flexibility	Gill
11:30 – 12:30	Fit Steps	Sarah
12.35 – 13.05	Ballet Bar	Sarah
13:45 – 14:45	Yoga	Carolyn
15:00 16:00	Pilates	Diane

Sunday	Class	Instructor
08:00 – 08:45	Performance Cycling	Conrad
09:00 – 09:30	Metafit	Laura
09:30 – 10:10	HOP	Laura
10:15 – 11:15	Pilates	Nicky
11:20 – 12:00	Waistaway	Debbie
12:00 – 12:30	Total Body Conditioning	Debbie
12:45 – 1:45	Vinyasa Flow	Sophie
2 :00 – 3 :00	Gentle Yoga	Ellie

Please note, during this time spinning classes are subject to the weather.