

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am till 12pm	06:30 - 07:05 JD Burn	06:30 - 07:15 Spin	06:30 - 07:05 JD Burn	06:30 - 07:15 Studio	06:30 - 07:15 JD Burn	06:30 - 07:15 JD Burn	06:30 - 07:15 JD Burn
	07:15 - 07:45 Spin	08:00 - 08:30 Gym Floor	07:05 - 07:20 JD Burn	06:30 - 07:15 Spin	08:00 - 08:30 Spin	08:45 - 09:45 Studio	09:40 - 10:00 JD Burn
	07:45 - 08:00 Gym floor	09:30 - 10:30 Studio	09:30 - 10:30 Studio	07:30 - 08:30 Studio	09:30 - 10:30 JD Burn	09:30 - 10:15 JD Burn	10:45 - 11:30 Spin
	09:30 - 10:15 Studio			09:15 - 09:50 JD Burn	09:30 - 10:30 Studio	10:00 - 11:00 Studio	11:00 - 12:00 Studio
						11:15 - 12:00 Spin	12:00 - 13:00 Studio
12pm till 5pm	12:00 - 12:35 JD Burn	12:15 - 12:50 JD Burn	12:00 - 12:35 JD Burn	12:15 - 13:15 Studio	12:15 - 12:50 JD Burn	15:30 - 16:00 Gym Floor	
	12:40 - 13:10 Spin	13:00 - 13:30 Studio	13:00 - 13:30 Spin	12:30 - 13:15 JD Burn	13:00 - 13:30 Spin		
	15:30 - 16:00 Gym Floor		14:00 - 14:30 Gym Floor				
5pm till 10pm	17:15 - 18:15 Studio	17:15 - 18:00 Studio	17:30 - 18:15 Studio	17:30 - 18:05 JD Burn	17:30 - 18:05 JD Burn		
	18:00 - 18:35 Burn	17:30 - 18:05 JD Burn	17:45 - 18:20 JD Burn	18:00 - 19:00 Studio	17:45 - 18:30 Spin		
	18:30 - 19:15 Spin	18:00 - 19:00 Studio	18:30 - 19:00 Gym floor	18:30 - 19:00 Gym Floor	18:30 - 19:30 Studio		
	18:20 - 19:20 Studio	18:30-19:00 Gym floor	18:30 - 19:15 Studio	19:00 - 20:00 JD Burn	19:00 - 20:00 JD Burn		
	18:45 - 19:20 JD Burn	19:00-19:30 Rig	19:30 - 20:15 Spin	19:00 - 19:45 spin	19:00 - 19:45 Spin		
	19:30 - 20:00 Spin	19:15-20:00 Spin	19:00 - 19:35 JD Burn	19:00 - 20:00 Studio	19:00 - 20:00 Studio		
	19:45 - 20:15 Studio	19:30 - 20:05 JD Burn	20:00 - 20:35 JD Burn	20:00-21:00 Studio	20:00-21:00 Studio		
	20:00 - 20:30 Spin	20:00 - 20:30 Studio					
	20:15 - 20:45 Gym floor						

CARDIO  
 STRENGTH  
 INTERVAL  
 MIND / BODY  
 DANCE  
 BURN

PT DROP IN (Gym)

ALL CLASSES CAN BE BOOKED AND CANCELLED IN THE MEMBERS' AREA OF THE WEBSITE,  
 UP TO 7 DAYS IN ADVANCE.  
 PLEASE ENSURE YOU TURN UP ON TIME OR YOU MAY BE REFUSED ENTRY  
 PLEASE NOTE THIS TIMETABLE MAY BE SUBJECT TO CHANGE