

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 09:00 AquaFit Jenny	 09:15 Body Attack Laura	 09:15 Sh'Bam Phil H	 07:00 GRIT Plyo Kellie	 09:15 Step Laura	 08:00 GRIT Cardio Johanna	 09:00 Zumba Amy
 09:15 RPM Phil J	 09:15 Keiser Ride Sam	 09:15 Keiser Ride Sam	 09:00 Aqua Fit Jenny	 09:15 Keiser Ride Sam	 08:00 Ladies That Lift John H	 09:15 RPM Richard
 09:30 GRIT Strength Kellie	 10:15 Stretch Annaleen	 10:00 Area 7 Senior Circuits Martin	 09:00 Dynamic Yoga Jon	 09:15 AREA7 Active Martin	 08:40 GRIT Strength Johanna	 09:15 Body Balance Laura
 10:15 Body Pump Phil J	 11:15 Aqua Fit Louise	 10:15 Body Pump Johanna	 09:15 Body Combat Phil H	 10:15 Body Pump Sam	 09:15 Olympic Weightlifting John H	 10:15 Body Pump Emma
 11:15 Dynamic Yoga Jon	 11:15 Pilates Annaleen	 10:15 Tap Dance Margaret	 10:15 Sh'Bam Phil H	 10:15 Body Balance Laura	 09:15 Keiser Power Zones Sam	
 12:25 Yoga Flow Jon	 16:30 Beginner Tap Dance Margaret	 12:15 Pilates Annaleen	 11:00 Yin Yoga Annaleen	 11:15 Stretch Annaleen	 09:30 Body Jam Phil H	
 12:30 Senior Circuits Martin	 17:00 Tap Dance Margaret	 14:15 Yoga Flow Jon	 12:30 Senior Circuits Martin	 11:30 Senior Circuits Martin	 10:30 Body Combat Phil H	
 13:35 Zumba Gold Anna	 18:00 Body Jam Phil H	 18:15 Body Combat Cat	 14:00 Senior Circuits Martin	 13:00 Tai Chi Gaynor		
 18:00 Aqua Fit Jenny	 18:15 RPM Phil J	 18:15 Keiser Ride Mel	 17:30 Pilates Annaleen	 17:30 GRIT Plyo Kellie		
 18:00 Body Pump Kellie	 18:15 Body Pump Mel	 18:20 AREA7 Perform Paul	 17:30 GRIT Strength Louise	 18:15 Body Combat Kellie		
 18:15 Keiser Ride Sam	 18:30 BoxFit Paul	 19:05 Body Balance Emma J	 18:10 Body Pump Phil J	 18:15 Sprint Phil J		
 19:10 Body Combat Laura	 19:15 Body Balance Laura	 19:15 RPM Mel	 18:15 Les Mills Dance Phil H			
 19:15 AREA7 Active Kellie	 19:30 Sprint Phil J	 19:15 Body Pump Cat	 18:15 Velo Beats Rob		<b>Location Key:</b>  Pool  Holistic Studio  Spin Studio  Area 7  HIT Studio  Sports Hall  Gym	
 19:15 LBT Victoria		 19:30 Olympic Weightlifting John H	 19:00 Bootcamp Paul			
 20:15 Yoga Joe		 20:15 Yoga Joe	 19:05 Body Jam Phil H			
			 19:15 Step Emma			