

Monday			
Time	Class	Studio	Instructor
06.30 - 07.00	Myzone Match	Gym Floor	Gym Team
07.00 - 07.30	Grit Plyo	Aerobics	Joe
9:30-10:15	sh'Bam	Aerobics	Carla
9:30-10.15	Aqua	Pool	Michelle S
10.30-11.15	Body Balance	Wellness	Carla
10.30-11.00	CX WORX	Aerobics	Joe
12.30-13.00	Myzone Match	Gym Floor	Gym Team
13.00-13.30	Myzone Match	Gym Floor	Gym Team
18.00-18.55	Body Combat	Aerobics	Tanya
18.30-18.50	V-Blast	Gym Floor	Gym Team
19.30 - 20.15	Body Pump	Aerobics	Sam
19.00-19.55	Sh'Bam	Wellness	Carla
20.00-21.30	Yoga	Wellness	Johnston

Tuesday			
Time	Class	Studio	Instructor
06.30 - 07.00	Myzone Match	Gym Floor	Gym Team
07.00 - 07.30	Metafit	Aerobics	Michelle
09.30 - 09.50	V-Blast	Gym Floor	Gym Team
09.30 - 10.30	Body Pump	Aerobics	Carla
09.30 - 10.30	Pilates	Wellness	Michelle
10.30 - 11.15	Body Vive	Aerobics	Joe
11.00 - 12.15	Yoga	Wellness	Babs
18.00 - 19.00	Body Jam	Wellness	Carla
18.00 - 18.55	Body Vive	Aerobics	Joe
18.15 - 19.00	Aqua	Pool	Michelle
18.30 - 18.50	V-Blast	Gym Floor	Gym Team
19.00 - 19.55	Pilates	Wellness	Carla
19.00 - 19.30	Grit Plyo	Aerobics	Vickki
20.00 - 20.30	CX Worx	Aerobics	Joe

Wednesday			
Time	Class	Studio	Instructor
06.30 - 07.00	Myzone Match	Gym Floor	Gym Team
07.00 - 07.30	Metafit	Aerobics	Sophie
09.30 - 10.30	Circuits	Aerobics	Sophie
09.30 - 10.25	Body Balance	Wellness	Joe
11.00 - 11.45	Aqua	Pool	Joe
12.00 - 12.30	Myzone Match	Gym Floor	Gym Team
12.15-13.00	Pilates	Wellness	Carla
18.00 - 18.30	Grit Strength	Aerobics	Joe
18.00 - 19.00	Body Balance	Wellness	Tanya
18.30 - 18.50	V-Blast	Gym Floor	Gym Team
18.30 - 19.15	Step	Aerobics	Michelle
19.00 - 19.30	Myzone Match	Gym Floor	Gym Team
19.15 - 20.00	Body Pump	Aerobics	Carla

Thursday			
Time	Class	Studio	Instructor
06.30 - 07.00	Body Pump	Aerobics	Carla
09.30 - 11.00	Yoga	Wellness	Emma
09.30 - 10.15	LBT	Aerobics	Sam
10.00 - 10.30	Myzone Match	Gym Floor	Gym Team
10.15 -10.30	Cx Worx	Aerobics	Carla
11.15 - 12.00	Zumba	Aerobics	Gisell
11.00 - 11.20	V-Blast	Gym Floor	Gym Team
11.30 - 12.00	Myzone Match	Gym Floor	Gym Team
12.50 - 13.20	Metafit	Aerobics	Sophie
18.00 - 18.45	Body Balance	Wellness	Carla
18.00 - 19.00	Body Combat	Aerobics	Tanya
19.00 - 19.55	Body Jam	Aerobics	Carla
20.00 - 20.30	Myzone Match	Gym Floor	Gym Team
20.00 - 20.30	Cx Worx	Aerobics	Joe

Friday			
Time	Class	Studio	Instructor
07.00 - 07.30	Metafit	Aerobics	Michelle
09.30 - 10.25	Body Vive	Wellness	Joe
09.30 - 10.15	Circuits	Aerobics	Aaron
10.30 - 11.15	Pilates	Wellness	Georgina
10.30 - 11.15	Aqua	Pool	Joe
12.00 - 12.30	Myzone Match	Gym Floor	Gym Team
12.15 - 12.45	Fitball	Aerobics	Joe
18.00 - 18.55	Body Pump	Aerobics	Carla
19.00 - 19.20	V-Blast	Gym Floor	Gym Team
19.00 - 19.30	Cx Worx	Aerobics	Joe
19.30 - 20.00	Myzone Match	Gym Floor	Gym Team

Saturday			
Time	Class	Studio	Instructor
09.00 - 10.00	Zumba	Wellness	Inna
09.00 09.45	Body Pump	Aerobics	Giselle
10.00-10.30	Grit	Aerobics	Max
10.30-11.00	Grit Strength	Aerobics	Max
11.00 - 12.00	Body Combat	Aerobics	Tanya
11.00 - 11.20	V-Blast	Gym Floor	Gym Team

Sunday			
Time	Class	Studio	Instructor
08.30 - 09.00	Myzone Match	Gym Floor	Gym Team
09.30 - 10.00	Body Weight Workout	Aerobics	Gym Team
10.00-10.30	CX Worx	Aerobics	Carla
10.30 - 11.00	Body Jam	Aerobics	Carla
11.00 - 12.00	Body Balance	Aerobics	Carla
12.00 - 12.20	V-Blast	Gym Floor	Gym Team
18.00 - 19.30	Yoga	Wellness	Ace

Kids Timetable			
Time	Class	Studio	Instructor
Monday			
18.00 - 18.45	Family Karate All Ages	Wellness	David
18.45 - 19.10	Karate (Coloured Belts)	Wellness	David
Saturday			
10.00-10.45	Kid's Athletics	Wellness	Eliot/Holly
11.00 - 12.00	Family Karate All Ages	Wellness	David
Sunday			
09.00 - 09.45	Kid's Zumba 4-7 years	Wellness	Giselle

**TO BOOK A PLACE
 ON ANY OF OUR CLASSES
 PLEASE CALL OUR
 LEISURE RECEPTION ON
 01252 531782**