

MONDAY	STUDIO 1		STUDIO 2		SPINNING	
10:00-10:45	●	Clubbercise** (Louise)				
10:45-11:30	●	Body Blitz (Louise)			17:45-18:30	● Spin (Iain)
18:30-19:15	●	Aerobics (Emma)			18:30-19:15	● Spin (Shirl)
19:15-20:00	●	Rebounding ** (Julie) NEW	19:15-20:00	●	Burn, Firm & Abs (Shirl)	
20:00-20:30	●	Ab Blast (Shirl)	20:00-20:45	●	Adult Ballet (Alicia)	
TUESDAY	STUDIO 1		STUDIO 2		SPINNING	
10:00-10:45	●	Body Conditioning (Shirl)			09:15-10:00	● Spin (Shirl)
18:30-19:15	●	Dance Fit/ Zumba (Emma)	18:30-19:15	●	Cardio Pump** (Shirl)	● Spin (Jonny)
19:15-20:00	●	Total Tone (Jonny)				
WEDNESDAY	STUDIO 1		STUDIO 2		SPINNING	
09:30-10:15	●	Dance Fit (Laura)			09:30-10:15	● Spin (Jonny)
10:15-11:00	●	Pilates (Laura)				
14:30-15:30	●	Tai-Chi (Peter)				
18:30-19:15	●	Westend Workout (Emma)			18:30-19:15	● Spin (Andy)
19:15-20:00	●	Urban Funk (Emma)	19:15-20:00	●	Step (Julie) NEW	
20:00- 20:45	●	Adult Jazz Technique (Emma)				
THURSDAY	STUDIO 1		STUDIO 2		SPINNING	
09:30-10:15	●	Kettlebells** (Jonny)				
10:15-11:00	●	Pilates (Vicky)				
18:00- 18:45	●	Adult Tap (Laura)				
18:45-19:30	●	Kettlebells** (Jonny)	18:45- 19:30	●	Barre (Laura) NEW	● Spin (Andy)
19:30- 20:15	●	Dance Fit (Laura)				
20:15- 21:00	●	Pilates (Laura)				
FRIDAY	STUDIO 1		STUDIO 2		SPINNING	
09:30-10:15	●	Zumba Gold (Louise)			09:30-10:15	● Spin (Jonny)
10:15-11:00	●	Lift and Tone (Gareth)			17:45-18:30	● Spin (Jonny)
18:30-19:15	●	Circuit (Jonny)				
19:15-20:00	●	Clubbercise** (Louise)				
SATURDAY	STUDIO 1		STUDIO 2		SPINNING	
10:00-10:45	●	Strength and Endurance (Jonny) NEW				
10:45-11:30	●	Rebounding (Julie) ** NEW				