

from 07/04/22

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	06:45 Synergize (Tanner)		06:45 Synergize (Rae)	06:45 Synergize (Rae)	06:45 Synergize (James)	08:30 Spin (Molly)	
	09:30 LBT (Amber)	09:15-10:15 Pilates (Alison)	09:30 Body Pump (Abby)	09:30 Cardio (Tanner)	09:30 Spin (Molly)	09:30 Synergize (Rae)	09:30 Synergise (Laura)
	10:30 Spin (Tanner)	09:30 Synergize (Tanner)	09:30 Spin (Rae)	09:30 LBT (Amber)	09:30-10:30 Yoga (Carly)	09:30-10:30 Yoga (Carly/Amber)	
	10:30 - 11:30 Yoga (Amber)	09:30 Spin (Laura)	10:30-11:30 Pilates (Dawn)	11:30-12:30 Fitness Pilates (Tasha)	11:00-12:00 Pilates (Sharon)		
		10:30-11:30 Yoga (Carly)		12:15 Aquafit (Karen)	11:00 Aquafit (Karen)	11:15 Aquafit (Karen)	
		13:15 Aquafit (Karen)		13:00 Aquafit (Karen)			
	17:45 Body Pump (Molly)	17:45 Cardio (Rae)	17:45-18:45 Yoga (Amber)	17:45 Body Pump (Abby)	17:00 Spin (Tanner)		
		18:00-19:00 Yoga (Carly)	17:45 Cardio (Tanner)	18:00 Spin (Molly)			
	18:00 Aquafit (Karen)	18:45 Spin (Rae)	18:45 Abs Blast (Tanner)	19:00-20:00 Restorative Yoga (Carly)			
	19:00 Body Attack (Laura)	19:30-20:30 Pilates (Dawn)					
All classes are 45 minutes unless stated. Please use the 'Fitsense' App to book. Classes can be booked 7 days in advance!							