

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
09.45 - 10.30 Waterworks	10.30 - 11.30 Body Jam	10.00 - 11.00 Full Body Tone	11.00 - 12.00 Mat Based Pilates	10.00 - 10.45 Waterworks	09.45 - 10.30 Instructor's choice	10.00 - 11.00 Body Pump
10.00 - 11.00 Spin 'N' Abs	11.30 - 12.30 Body Balance			10.00 - 11.00 Pump 'N' Tone	10.30 - 11.30 Spinning	
17.15 - 17.30 Awesome Abs	17.15 - 18.00 Circuits	17.30 - 18.15 Body Combat	17.30 - 18.15 Circuits	17.45 - 18.30 Body Combat		
17.30 - 18.15 Full Body Tone	17.30 - 18.10 Spin 'N' Abs	18.20 - 19.20 Body Pump	18.15 - 19.00 Body Jam	18.30 - 19.30 Body Pump		
18.15 - 19.15 Body Jam	18.15 - 19.15 Body Attack		19.00 - 19.55 Body Attack	19.35 - 20.20 Body Balance		
19.00 - 20.00 Spinning	18.15 - 19.00 Waterworks		19.00 - 20.00 Spinning			
19.20 - 20.20 Body Pump	19.15 - 20.15 Spinning					
	19.15 - 20.15 Mat Based Pilates					

***PLEASE NOTE THAT IF CLASS ATTENDANCE IS POOR, THE CLASS WILL BE SUBJECT TO CHANGE.***

- \* All classes are multi-level unless otherwise stated
- \* A £2 penalty charge will apply to NO-SHOWS or late CANX to a class (within 1 hour)
- \* Please bring a sweat towel & water to all classes
- \* A minimum of 3 people per class must be present at the start time for the class to take place
- \* To guarantee your place in a class, please book @ reception
- \* Please ensure that you turn up for classes on time. Anyone arriving 5 mins after start of the class will not be allowed in.