

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SYNRGY RIG 09:15 - 10:00am	BURN CYCLE 06:45 - 07:30am	STEP UP & PUMP Niamh 09:15 - 10:15am	SYNRGY RIG 06:45 - 07:30am	BURN CYCLE 09:15 - 10:00am	Les Mills BODY COMBAT Katie 08:30 - 09:15am	SYNRGY RIG 9:45 - 10:30am
YOGA & MEDITATION Gina 11:15 - 12:30pm	YOGA Rebecca 08:00 - 09:00am	SYNRGY RIG 9:30 - 10:00am	Les Mills BODY COMBAT Marie 09:15 - 10:00am	TABATA AJ 10:15 - 11:00	BURN CYCLE 09:00 - 09:45am	
Les Mills GRIT SERIES Katie 5:30 - 6:00pm	BURN CYCLE 09:15 - 10:00am	FLOW YOGA Roger 12:00 - 1:00pm	Les Mills BODY PUMP Marie 10:00 - 11:00am	YOGA & MEDITATION Gina 11:15 - 12:30pm	Les Mills GRIT SERIES Katie 09:15 - 9:45am	
SYNRGY RIG 5:30 - 6:00pm	TABATA Marie 09:30 - 10:30am	BURN CYCLE TRACKS OF MY GEARS 5:30 - 6:15pm	PILATES Roger 2:00 - 3:00pm	STEP UP & PUMP Niamh 5:15 - 6:15pm		
Les Mills BODY COMBAT Katie 6.00 - 7.00pm	CORE CONDITIONING Marie 10:30 - 11:00am	Les Mills GRIT SERIES Katie 5:30 - 6:00pm	Les Mills BODY COMBAT Marie 6:00 - 7:00pm	YOGA & MEDITATION Gina 6:15 - 7:30pm		
BURN CYCLE TRACKS OF MY GEARS 6:15 - 7:00pm	BURN CYCLE 5:30 - 6:15pm	Les Mills BODY COMBAT Katie 6.00 - 7.00pm	BURN CYCLE 6:15 - 7:00pm			
RIP Katie 07:00 - 7:45pm	ZUMBA Lucy 6:00 - 7:00pm	SYNRGY RIG 6:30 - 7:00pm	Les Mills BODY PUMP Marie 7:00 - 8:00pm			
	SYNRGY RIG 6:30 - 7:00pm	CORE RESISTANCE Katie 7:00 - 7:30pm				
	LEGS BUMS & TUMS Lucy 7:00 - 8:00pm					

