

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 09:00 - 10:00am	BURN CYCLE Martin 09:00 - 09:45am
CIRCUITS Martin 9:30- 10:15am	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	SYNRGY RIG 9:45 - 10:30am
LEGS BUMS TUMS Martin 10:15 - 11:00am	BURN CYCLE 09:30 - 10:15am	FLOW YOGA Roger 12:00 - 1:00pm	Les Mills BODY PUMP Marie 10:00 - 11:00am	YOGA & MEDITATION Gina 11:15 - 12:30pm	Kids Dance Class (3-7 years) Jade 10:00 - 10:30am	Les Mills BODY PUMP Martin 10:00 - 11:00am
YOGA & MEDITATION Gina 11:15 - 12:30pm	TABATA Marie 09:30 - 10:30am	BURN CYCLE 5:30 - 6:15pm	PILATES Roger 2:00 - 3:00pm	STEP UP & PUMP Niamh 5:15 - 6:15pm	Kids Jazz Dance Class (5-16 years) Jade 10:30 - 11:00am	
TABATA Katie 5:30 - 6:00pm	STRENGTH & CONDITIONING Marie 10:30 - 11:00am	ZUMBA Tom 6:00 - 7:00pm	Les Mills BODY COMBAT Marie 6:00 - 7:00pm	LEGS BUMS TUMS Niamh 6:15 - 7:00pm	Kids Freestyle Dance Class (5-16 years) Jade 11:00 - 12:00am	
SYNRGY RIG 5:30 - 6:00pm	BURN CYCLE 5:30 - 6:15pm	SYNRGY RIG 6:30 - 7:00pm	BURN CYCLE 6:15 - 7:00pm			
RIP Katie 6.00 - 6.45pm	TABATA Katie 5:30 - 6:00pm	STRONG by Zumba Tom 7:00 - 8:00pm	Les Mills BODY PUMP Marie 7:00 - 8:00pm			
BURN CYCLE 6:15 - 7:00pm	Les Mills BODY COMBAT Katie 6:00 - 7.00pm					
Les Mills BODY COMBAT Katie 6:45 - 7:30pm	SYNRGY RIG 6:30 - 7:00pm					
YOGA Rebecca 7:30 - 8:30pm	CORE RESISTANCE Katie 7:00 - 7:30pm					

