Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SYNRGY RIG 09:15 - 10:00am	BURN CYCLE 06:45 - 07:30am	ZUMBA STEP Helen 09:15- 10:15am	SYNRGY RIG 06:45 - 7:15pm	BURN CYCLE 09:15 - 10:00am	BURN CYCLE 09:00 - 09:45am	CYCLE MASTERCLASS Joe Laverick 9:00 - 9:45am
ZUMBA Tom 9:00 - 10:00am	YOGA 08:00 - 09:00am Rebecca	SYNRGY RIG 9:15 - 10:00am	BURN CYCLE 09:15 - 10:00am	TABATA AJ 10:00 - 10:30am	HATTON BOXING & FITNESS 9:00-10:00am Liz Starts October	SYNRGY RIG 10:00 - 10:45am
STRONG by Zumba Tom 10:00 - 11:00am	EXPRESS SPIN 09:00 - 09:30am	Les Mills BODY COMBAT Lauren 10:15 - 11:15am	Les Mills BODY COMBAT Marie 09:15 - 10:00am	ABS BLAST AJ 10:30 - 10:45am	FLOW YOGA 09:00-10:00am Mollie	Les Mills BODY COMBAT Lauren 10:00 - 11:00am
YOGA & MEDITATON 11:15-12:45 Gina	TABATA Marie 09:30 - 10:30am	FLOW YOGA 12:00-1:00pm Roger	Les Mills BODY PUMP Marie 10:00 - 11:00am	YOGA & MEDITATON 11:15-12:45 Gina	KETTLES WORKOUT Katie 10:00 - 10:30pm	
BURN CYCLE 6:00 - 6:45pm	BURN CYCLE 6:00 - 6:45pm	CYCLE MASTERCLASS Joe Laverick 6:00 - 6:45pm	PILATES 2:00-3:00pm Roger	EXPRESS SPIN 5:30 - 6:00pm	Les Mills BODY COMBAT Katie 10:30 -11.30am	
KONGA Helen 6:00-7:00pm	Les Mills BODY COMBAT Katie 5.45 - 6.30pm	ZUMBA Tom 6:00 - 7:00pm	FLOW YOGA 5:00-6:00pm Mollie			
HATTON BOXING & FITNESS 7:00-8:00pm Liz Starts October	RIP Katie 6.30 - 7.15pm	SYNRGY RIG 6:45 - 7:30pm	EXPRESS SPIN 5:30 - 6:00pm			
VINIYOGA 7:30-8:30 Rebecca		STRONG by Zumba Tom 7:00 - 8:00pm	SYNRGY RIG 6.00 - 6.45pm			
			Les Mills BODY COMBAT Marie 6:00 - 7:00pm			
			Les Mills BODY PUMP Marie 7:00 - 8:00pm			

BURN FITNESS