

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-------|--|--|--|---|---|--|--|
| 06:45 | | 06:45 - 07:15 SPIN:30 Spin Studio - Sam | | | 06:45 - 07:15 T3 PUMP The Loft - Sam | | |
| 07:00 | 07:00 - 07:45 HIIT - STRENGTH The Loft - Jordan | 07:00 - 07:45 BODYPUMP X The Loft - Claire | 07:00 - 07:45 SPIN Spin Studio - Julie | 07:00 - 07:45 STRENGTH & CONDITIONING The Loft - Jordan | 07:00 - 07:45 SPIN Spin Studio - Julie | 08:00 - 09:00 BODYCOMBAT The Loft - Louise | |
| | | | 07:00 - 07:45 BODYPUMP X The Loft - Lucy | | | | |
| 08:00 | | 08:25 - 09:10 BARBELL CLUB Gym - Dani | | | | 08:15 - 09:00 SPIN Spin Studio - Julie | 08:00 - 08:45 BODYBALANCE The Loft - Becky |
| 09:00 | 09:15 - 10:00 SPIN Spin Studio - Julie | 09:15 - 10:15 BODYPUMP The Loft - Jo | 09:15 - 10:05 KETTLEBELLS Studio 2 - Derek | 09:15 - 10:00 BODYPUMP X The Loft - Lucy | 09:15 - 10:15 LEGS, BUMS & TUMS The Loft - Jo | 09:15 - 10:15 BODYPUMP HEAVY The Loft - Louise | 09:00 - 10:00 BODYPUMP The Loft - Becky |
| | 09:15 - 10:15 AQUA AEROBICS Pool - Fran | 09:20 - 10:15 AQUA AEROBICS Pool - Dani | 09:15 - 10:15 AQUA AEROBICS Pool - Fran | | 9:15 - 10:15 Gentle Yoyalates Studio 2 - Claire C | | |
| | 09:30 - 10:15 STRENGTH & CONDITIONING The Loft - Kim | 09:30 - 10:15 LEGS, BUMS & TUMS Studio 2 - Lilly | 09:30 - 10:15 BARBELL CLUB Gym - Kim | 09:30 - 10:15 FITBALL CORE WORKOUT Studio 2 - Claire | | 09:30 - 10:15 BARBELL CLUB Gym - Dani | |
| | | | 09:30 - 10:15 BODYBALANCE The Loft - Clare M | 09:30 - 10:30 (S.B.D.) SQUAT.BENCH.DEADLIFT Gym - Tyler | | | |
| | | | 09:30 - 10:15 SPIN Spin Studio - Julie | | | | |
| 10:00 | 10:30 - 11:15 BARBELL CLUB Gym - Kim | | 10:30 - 11:15 STRENGTH & CONDITIONING The Loft - Kim | 10:30 - 11:30 GENTLE YOGA The Loft - Chloe | 10:30 - 11:15 STRENGTH & CONDITIONING Studio 2 - Jo | | 10:00 - 11:00 HIIT CIRCUITS Studio 2 - Tyler |
| | 10:30 - 11:30 VINYASA FLOW YOGA The Loft - Katie | | 10:30 - 11:30 VINYASA FLOW YOGA Studio 2 - Katie | 10:30 - 11:30 CIRCUITS Studio 2 - Claire | 10:30 - 11:30 VINYASA FLOW YOGA The Loft - Kelly | 10:30 - 11:30 GENTLE YOGA Studio 2 - Zennor | 10:15 - 11:00 RPM Spin Studio - Becky |
| | 10:30 - 11:30 Pilates Studio 2 - Claire C | 10:30 - 11:30 GENTLE YOGA Studio 2 - Chloe | | | | 10:30 - 11:30 PILATES The Loft - Louise | 10:15 - 11:15 ASHTANGA INSPIRED YOGA The Loft - Monika |
| 17:00 | 17:30 - 18:10 MET CON / HIIT Studio 2 - Jordan | 17:30 - 18:15 BODYPUMP X The Loft - Clare M | 17:30 - 18:15 LEGS, BUMS & TUMS The Loft - Fran | | 17:15 - 17:45 ZUMBA The Loft - Liam | | |
| | 17:30 - 18:15 BODYCOMBAT X The Loft - Becky | 17:30 - 18:15 SPIN Spin Studio - Dave | 17:30 - 18:15 BODYATTACK X Studio 2 - Sam | 17:30 - 18:15 BODYCOMBAT X The Loft - Becky | 17:30 - 18:20 KETTLEBELLS Studio 2 - Derek | | |
| | | 17:30 - 18:15 BOXFIT Studio 2 - Julie | 17:45 - 18:30 RPM Spin Studio - Becky | 17:45 - 18:30 SPIN Spin Studio - Julie | | | |
| 18:00 | 18:30 - 19:30 BODYPUMP HEAVY The Loft - Becky | 18:25 - 19:10 SPIN Spin Studio - Julie | 18:30 - 19:30 BODYPUMP HEAVY The Loft - Sam | 18:15 - 19:15 AQUA AEROBICS Pool - Fran* | 18:00 - 18:45 CLUBBERCISE The Loft - Liam | | |
| | 18:30 - 19:30 PILATES Studio 2 - Claire C | 18:30 - 19:15 BODYCOMBAT X Studio 2 - Clare M | 18:30 - 19:30 PILATES Studio 2 - Alexandra | 18:30 - 19:15 BODYPUMP X The Loft - Becky | | | |
| | | 18:30 - 19:15 POWER YOGA The Loft - Holly | 18:30 - 19:30 AQUA AEROBICS +CIRCUITS Pool - Fran | 18:30 - 19:30 VINYASA FLOW YOGA Studio 2 - Kelly | | | |
| 19:00 | 19:00 - 19:45 AQUA AEROBICS Pool - Fran | 19:25 - 20:15 KETTLEBELLS Studio 2 - Derek | 19:35 - 20:20 SH'BAM The Loft - Claire | 19:30 - 20:30 YOGALATES The Loft - Claire C | | | |
| | 19:45 - 20:30 BODYBALANCE The Loft - Becky | 19:45 - 20:45 GENTLE YOGALATES The Loft - Claire C | 19:45 - 20:45 YIN YOGA Studio 2 - Alexandra | | | | |
| | 19:45 - 20:45 VINYASA FLOW YOGA Studio 2 - Katie | | | | | | |

STRENGTH

SPIN

STRENGTH & CONDITIONING

MIND & BODY

ACTIVE

POOL WORKOUT

DANCE FITNESS

X = EXPRESS VERSION

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