

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

**STRENGTH**

**SPIN**

**STRENGTH & CONDITIONING**

**MIND & BODY**

**ACTIVE**

**POOL WORKOUT**

**DANCE FITNESS**

**X = EXPRESS VERSION**

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