Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
06.15 - 07.00		09.30 - 10.30		09.30 - 10.30		09.30 - 10.00		09.30 - 10.30		09.00 - 09.45		09.15 - 10.15	
Spin	*Helen Spin Studio*	Body Pump	*Sandra Studio*	Body Combat	*Laura Studio*	Spin	*Lee Spin Studio*	Body Step	*Caroline Studio*	Spin	*Debbie Q Spin Studio*	Body Combat	*Barry Studio*
09.30 - 10.30				10.30 - 11.30		09.30 - 10.30		10.30 - 11.30		09.00 - 10.00		11.00 - 12.00	
Zumba	*Rain Studio*			Pilates	*Laura Studio*	LBT	*Caroline Studio*	Body Balance	*Caroline Studio*	Body Pump	*Casper Studio*	Pilates	*Lynda Studio*
10.30 - 11.00		18.00 - 19.00		18.00 - 18.30						10.00 - 11.00			
Pure Abs	*Aidan Studio*	Body Pump	*Casper Studio*	Washboard Abs	*Aidan / Lee Studio*					Zumba	*Jose Studio*		
18.45 - 19.30		19.00 - 20.00		18.30 - 19.15		18.15 - 19.00		18.15 - 19.00					
Spin	*Vicky Spin Studio*	Zumba	*Jaz Studio*	Spin	*Sandra Spin Studio*	Spin	*Debbie S Spin Studio*	Circuits	*Arran Studio*				
19.00 - 20.00		19.00 - 20.00		18.30 - 19.30		18.15 - 19.15							
Body Combat	*Debbie R Studio*	Spin & Abs	*Lee Spin Studio*	Body Step	*David Studio*	Body Sculpt	*Everton Studio*						
20.00 - 21.00		20.00 - 21.00		19.30 - 20.30		19.15 - 20.15							
Pilates	*Vicky Studio*	Yoga	*Kim Studio*	Body Balance	*Kim Studio*	Combat	*Everton Studio*						