

Monday	Tuesday	Wednesday	Thursday	Friday
09:15 – 09:45 <b>Workout of the Day</b> Gemma M	07:15 – 07:45 <b>Workout of the Day</b> Lee A	09:15 – 09:45 <b>Workout of the Day</b> Gemma M	09:30 – 10:15 <b>Body Combat</b> Adam H	09:30 – 10:15 <b>Group Cycle</b> Carol D
10:15 – 11:00 <b>Low Impact Salsacise</b> Jan T	09:30 – 10:00 <b>GRIT</b> Adam H	10:00 – 10:45 <b>Zumba</b> Sarah S	10:30 – 11:15 <b>Aerobics</b> Donna C	11:30 – 12:15 <b>Pilates</b> Jan T
11:15 – 12:00 <b>Yoga</b> Jan T	10:30 – 11:15 <b>Body Pump</b> Gemma M	11:30 – 12:15 <b>Yoga</b> Julie N	12:00 – 12:30 <b>Workout of the Day</b> Lee A	18:00 – 18:45 <b>Zumba</b> Sarah S
17:30 – 18:15 <b>Legs, Bums and Tums</b> Annie O	12:15 – 13:00 <b>Body Conditioning</b> Hayley A	17:15 – 18:15 <b>Body Combat &amp; Yoga</b> Claire P	13:00 – 13:45 <b>Low Impact Exercise</b> Adam H	
18:30 – 19:00 <b>GRIT</b> Mike B	18:00 – 18:45 <b>Body Combat</b> Hayley A	19:00 – 19:45 <b>Pilates</b> Sam Mc	17:30 – 18:00 <b>Core</b> Gemma M	
	19:00 – 19:30 <b>HIIT</b> Hayley A		18:30 – 19:15 <b>Body Combat</b> Jude A	