

# Monday 15<sup>th</sup> July – 08<sup>th</sup> September 2019

## Gym Opening Times

:Mon- Fri 06:00 –21:45

:Sat- Sun 07:00 –19:45

<b>Monday</b>					<b>Wednesday</b>					<b>Friday</b>				
	Start/Finish	Location	Teacher	Type		Start/Finish	Location	Teacher	Type		Start/Finish	Location	Teacher	Type
Circuits	07:00-07:45	Studio 1	Kwame	▲	Rocket Yoga	06:45-07:45	Studio 1	Shelley	▼	Boxing Circuits	07:00-07:45	Studio 1	Micah	▲
Hatha Yoga(Iyengar Trained)	08:00-09:15	Studio 1	Neeta	≡	Studio Cycling	07:00-07:45	Cycle Studio	Daniel	▼	Insanity	08:30-09:15	Studio 1	Micha	▲
Pilates /Stretch	0900-1000	Studio 2	Michele	▼	Ab Blast	07:50-08:05	Studio 1	Daniel	▼	Studio Cycling	09:30-10:15	Cycle Studio	Kevin	▼
Studio Cycling	09:30-10:15	Cycle Studio	Jo	▼	HIIT	08:15-09:00	Studio 1	Micah	▲	Boxing Circuits	09:30-10:30	Studio 1	Micah	▲
Pump n Sculpt	09:30-10:30	Studio 1	Sarah	▲	Pilates (Mixed Ability)	09:00-10:00	Studio 2	Sarah	≡	Dance Fusion	10:30-11:30	Studio 1	Thalia	▼
Body Pump	10:30-11:30	Studio 1	Susan	▲	Studio Cycling	09:30-10:15	Cycle Studio	Jo	▼	Hot Yoga	11:00-12:00	Studio 2	Patricia	≡
Hot Yoga	11:00-12:00	Studio 2	Patricia	≡	Body Combat	09:25-10:25	Studio 1	Pania	▲	Fitness Yoga Fusion	11:30-12:30	Studio 1	Mark	≡
Aqua	11:30-12:15	Pool	Sarah	▼	Body Pump	10:25-11:25	Studio 1	Leva	▲	Aqua	11:30-12:15	Pool	Sarah	▼
Ballet Stretch	11:35-12:35	Studio 1	Sarah Stalley	▼	Hot Yoga	11:00-12:00	Studio 2	Patricia	≡	Pilates (Mixed Ability)	12:30-13:30	Studio 1	Ewa	≡
Total Body Workout	12:35-13:35	Studio 1	Kevin	▼	Total Body Workout	11:30-12:30	Studio 1	Leva	▲	<b>Saturday</b>				
Functional Training	18:30-19:00	Gym	Daniel	▲	Pilates/Stretch	12:30-13:30	Studio 1	Michele	≡	Circuits	08:00-08:45	Studio 1	Kyle	▲
Yoga	18:30-19:45	Studio 1	Annabel	≡	Golf Fit	13:00-13:30	Gym	Nick	▲	Pilates	08:45-09:45	Studio 2	Pania	≡
Studio Cycling	19:00-19:45	Cycle Studio	Amie	▼	Functional Training	18:00-18:30	Gym	Ben	▲	Body Combat	08:55-09:55	Studio 1	Alkana	▲
Pilates (Mixed Ability)	19:45-20:45	Studio 1	Amie	≡	Hot Gentle Flow & Stretch	18:15-19:15	Studio 2	Hanna	≡	Studio Cycling	09:00-10:00	Cycle Studio	Kevin	▼
					HIIT	18:30-19:15	Studio 1	Micah	▲	Body Pump	09:55-10:55	Studio 1	Pania	▲
					Aqua	19:15-20:00	Pool	Leva	▼	Hot Yoga	10:30-11:45	Studio 2	Rita	▲
					Dance Vibes	19:20-20:20	Studio 1	Thalia	▼	Studio Cycling	10:05-11:05	Cycle Studio	Kevin	▼
										Yoga	11:00-12:30	Studio 1	Annabel	≡
<b>Tuesday</b>					<b>Thursday</b>									
	Start/Finish	Location	Teacher	Type		Start/Finish	Location	Teacher	Type		Start/Finish	Location	Teacher	Type
Studio Cycling	07:00:-07:45	Cycle Studio	Hayley	▼	Fight Club	0645 - 0745	Studio 1	Harv	▲	Children's Fitness (4-7yrs)	14:00-15:00	Studio 1	Kriztina	▲
Vinyasa Flow	07:00-08:00	Studio 1	Shelley	≡	Studio Cycling	07:00-07:45	Cycle Studio	Kat	▼	Children's Fitness (8-12yrs)	15:00-16:00	Studio1	Kriztina	▲
Studio Cycling	09:30-10:15	Cycle Studio	Kevin	▼	Restorative Yoga	07:45-08:15	Studio 1	Neeta	≡	Supervised Gym Session	1600 – 1700	Gym	GymTeam	
Circuits	09:30-10:15	Studio 1	Jo	▲	Vinyasa Flow	08:15-09:15	Studio 1	Neeta	≡	Supervised Gym Session	1700 – 1800	Gym	GymTeam	
Pump n Sculpt	10:30-11:30	Studio 1	Micah	▲	Body Attack	09:30-10:30	Studio 1	Pania	▲	Yoga Meditation (every other week)	16:15-17:15	Studio 1	Mark	≡
Stretch	11:30-12:30	Studio 2	Tricia	▼	Studio Cycling	09:30-10:15	Cycle Studio	Kat	▼	Studio Cycling	17:30-18:15	Cycle Studio	Daniel	▲
Hatha Yoga	11:35-12:50	Studio 1	Annabel	≡	Aqua	10:00-10:45	Pool	Lisa	▼	<b>Sunday</b>				
Pilates (Intermediate)	13:00-14:00	Studio 1	Anne	≡	Hatha Yoga	10:00-11:15	Studio 2	Neeta	≡	Yoga	08:15-09:15	Studio 1	Jo	≡
Barre and Dance Workout	14:00-14:45	Studio 1	Amie	▼	FitSteps	10:30-11:30	Studio 1	Frankie	▼	Total Body Workout	09:30-10:30	Studio 1	Sarah	▲
Yin Yoga	18:30-19:45	Studio 1	Patricia	▼	Body Works	11:30-12:30	Studio 1	Tricia	▼	Studio Cycling	09:45-10:30	Cycle Studio	Hayley	▼
Studio Cycling	19:00-19:45	Cycle Studio	Kevin	▼	Pilates (Mixed Ability)	12:30-13:30	Studio 1	Melanie	▼	Pilates (Mixed Ability)	10:30-11:30	Studio 1	Sarah	≡
Ab Blast	19:45-20:00	Studio 1	Kevin	▼	Weight Lifting For Women	18:00-18:30	Gym	Sharon	▲	Hot Flow	10:30-11:45	Studio 2	Neeta	≡
					Yoga Sculp	18:30-19:30	Studio 1	Patricia	▼	HIIT Studio Cycling	10:35-11:05	Cycle Studio	Hayley	▼
					Studio Cycling	18:30-19:15	Cycle Studio	Nora	▼	Supervised Gym Session	16:00 - 17:00	Gym	GymTeam	
					Strong Man/Woman	18:30-19:00	Gym	Daniel	▲	Children's Yoga (10yrs + )	16:00-17:00	Studio 1	Vipul	
					Strong Man/Woman	19:00-19:30	Gym	Daniel	▲	Supervised Gym Session	17:00-18:00	Gym	GymTeam	
					Hot Flow	19:30-20:30	Studio 2	Claire	≡	Stretch & Relax	17:15-18:30	Studio 1	Annabel	≡
					Pumo n Sculpt	19:30 - 20:15	Studio 1	Micah	▲					

**KEY:** ▲ = High Impact Workout

▼ = Low Impact Workout

≡ = Mind Body

Only classes marked as Intermediate are not suitable for beginners.