

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.00am(Mon) Indoor Cycling 45 minutes (Shelley Coleman)	7.00am(Tue) Indoor Cycling 45 minutes (Carla Tunnicliffe)	8.00am(Wed) Gentle Yoga 45 minutes (Patricia King)	7.00am(Thu) Indoor Cycling 45 minutes (Shelley Coleman)	8.15am(Fri) Indoor Cycling & Abs 1 Hour (Michaela Heys)	8.30am(Sat) Indoor Cycling 45 minutes (Carla Tunnicliffe)	9.00am(Sun) Indoor Cycling 45 minutes (Shelley Coleman)
9.30am(Mon) Combat Fitness 45 minutes (Lisa Gray)	8.00am(Tue) Gentle Yoga 1 hour (Paula Perry)	9.30am(Wed) Legs, Bums & Tums 45 minutes (Lisa Gray)	9.15am(Thu) Interval Conditioning 45 minutes (Zoe Stephens)	9.30am(Fri) Body Conditioning 45 minutes (Lisa Gray)	9.30am(Sat) Attack 45 minutes (Becca Brown)	10.00am(Sun) Dance Fitness 45 minutes (Mel Brooks)
10.30am(Mon) Pump 45 minutes (Lisa Gray)	9.30am(Tue) Aerobics 45 minutes (Louisa Simcox)	10.30am(Wed) Pump 45 minutes (Lisa Gray)	10.00am(Thu) Gentle Weights 45 minutes (Zoe Stephens)	10.30am(Fri) Dance Fitness 45 minutes (Lisa Gray)	10.30am(Sat) Pump 45 minutes (Becca Brown)	
11.30am(Mon) 50+ Fitness 45 minutes (Lisa Gray)	10.30am(Tue) Dance Fitness 45 minutes (Lisa Gray)	11.30am(Wed) 50+ Fitness 45 minutes (Lisa Gray)	11.00am(Thu) Line Dancing 45 minutes (Sally Tanner)	11.30am(Fri) Stott Pilates 45 minutes (Louisa Simcox)		
12.40pm(Mon) Aqua Fit 45 minutes (Lisa Gray)	11.30am(Tue) Pilates 45 minutes (Viv Johns)	12.30pm(Wed) Pilates 45 minutes (Viv Johns)	12.00pm(Thu) Line Dancing 45 minutes (Sally Tanner)	12.30pm(Fri) Yoga 1 hour (Mick Welch)		
2.00pm(Mon) Dance Fitness 45 minutes (Lisa Gray)	12.40pm(Tue) Aqua Fit 45 minutes (Michaela Heys)	12.40pm(Wed) Aqua Fit 45 minutes (Lisa Gray)	12.40pm(Thu) Aqua Zumba 45 minutes (Emma Newton-Bates)	12.40pm(Fri) Aqua Fit 45 minutes (Lisa Gray)		
5.30pm(Mon) Stott Pilates 45 minutes (Louisa Simcox)	5.30pm(Tue) Indoor Cycling 45 minutes (Lisa Gray)	5.30pm(Wed) Indoor Cycling 45 minutes (Richard Palmer)	2.00pm(Thu) Dance Fitness 45 minutes (Lisa Gray)	3.45pm(Fri) Tai Chi 1 hour (Trevor Priest)		
6.30pm(Mon) Body Conditioning 45 minutes (Louisa Simcox)	6.30pm(Tue) Boxercise 45 minutes (Zoe Stephens)	6.30pm(Wed) Legs, Bums & Tums 45 minutes (Zoe Stephen)	5.30pm(Thu) Body Conditioning 45 minutes (Louisa Simcox)	5.30pm(Fri) Indoor Cycling 45 minutes (Carla Tunnicliffe)		
7.30pm(Mon) Indoor Cycling 45 minutes (Richard Palmer)	7.05pm(Tue) Aqua Fit 45 minutes (Shelley Coleman)	7.30pm(Wed) Dance Fitness 45 minutes (Mel Brooks)	6.30pm(Thu) Dance Fitness 45 minutes (Louisa Simcox)			
8.30pm(Mon) Yoga 1 hour (Mick Welch)	7.30pm(Tue) Legs, Bums & Tums 45 minutes (Louisa Simcox)	8.25pm(Wed) Yoga 55 minutes (Leanne Natkaniec)	7.05pm(Thu) Aqua Fit 45 minutes (Lisa Gray)			
	8.30pm(Tue) Stott Pilates 45 minutes (Louisa Simcox)		7.30pm(Thu) Indoor Cycling 45 minutes (Richard Palmer)			
			8.30pm(Thu) Stott Pilates 45 minutes (Louisa Simcox)			