

Monday

10am - 11am	Pilates
11am - 12pm	Gentle Keep Fit
11am - 11.45am	Studio Cycling
6pm - 7pm	LBT
7pm - 8pm	Pilates
7pm - 7.45pm	Indoor Cycling

Tuesday

10am - 11am	LBT
11.15am-12pm	Yoga
6pm - 7pm	Body Sculpt
7.15pm - 8pm	Indoor Cycling

Wednesday

10am - 11am	Pilates
11am - 12pm	Gentle Aerobics
6pm - 7pm	LBT
6.15pm - 7pm	Indoor Cycling

Thursday

10am - 11am	Zumba Gold
6.30pm - 7.15pm	HIIT
7pm - 7.45pm	Indoor Cycling

Friday

6pm - 7pm	Stability Ball
7pm - 8pm	Yoga

Saturday

10am - 10.45am	Indoor Cycling
10.15am - 11.15am	Zumba

Key

 Dance

 Cardiovascular

 Conditioning

 Holistic