

# Monday

nan	The Trip	6:20am	7:05am	Spin Studio	45 min	Ilias
nan	Kettlebells	9:10am	9:55am	Main Studio	45 min	James
nan	Let's Ride	10:00am	10:45am	Spin Studio	45 min	Angie
nan	Yoga	10am	10:45am	Main Studio	45 min	Sally
nan	Regent Pump	10:45am	11:30pm	Main Studio	45 min	James
nan	Vinyasa Yoga	11am	11:45am	Loft Studio	45 min	Sally
nan	Hot Pilates	12:30pm	1:15pm	Loft Studio	45 min	Karen
nan	Yoga	4:30pm	5:15pm	Loft Studio	45 min	Zoe
nan	Body Jam	6pm	6:45pm	Main Studio	45 min	Anne
nan	Vinyasa Yoga	5:45pm	6:30pm	Loft Studio	45 min	Zoe
nan	The trip	6:40pm	7:15pm	Spin Studio	45 min	Ilias
nan	Zumba	6:55pm	7:40pm	Main Studio	45 min	Andrea
nan	Body Balance	7pm	7:45pm	Loft Studio	45 min	Anne
nan	Vibe	7:30pm	8:15pm	Spin Studio	45 min	Joanne
nan	Body Pump	7:55pm	8:40pm	Main Studio	45 min	Anne

# Tuesday

nan	grit strength	6:00am	6:30am	Main Studio	30 min	Ilias
nan	The Trip	6:40am	7:25am	Main Studio	45 min	Ilias
nan	Yoga	9:00am	9:45am	Loft Studio	45 min	Kerrie
nan	Body Pump	9:20am	10:05am	Main Studio	45 min	Anne
nan	Body Balance	10:15am	11:00am	Loft Studio	45 min	Anne
nan	Step aerobics	10:05am	10:50am	Main Studio	45 min	Annette
nan	Lets Ride	10:55am	11:35am	Spin Studio	45 min	Tuesdae
nan	PILATES	4:30pm	5:15pm	Loft Studio	45 min	KAREN
nan	Zumba	5:15pm	6:00pm	Main Studio	45 min	Sue / Hannah
nan	HOT PILATES	5:30pm	6:15pm	Loft Studio	45 min	KAREN
nan	Body Combat	6:00pm	6.45om	Main Studio	45 min	Sue / Hannah
nan	The Trip	6:30pm	7:15pm	Spin Studio	45 min	Ilias
nan	Sh'Bam	7:00pm	7:45pm	Main Studio	45 min	Amy
nan	Body Pump	8PM	8:45pm	Main Studio	45 min	Amy
nan	Lets Ride	8pm	8:45pm	Spin Studio	45 min	Daz

# Wednesday

nan	GRIT Strength	6:00am	6:30am	Main Studio	30 min	Ilias
nan	TRIP	6:35am	7:20am	Spin Studio	45 min	Ilias
nan	Pilates	9AM	9:45am	Loft Studio	45 min	Karen
nan	Let's Ride	9:15am	10:00am	Spin Studio	30 min	Angie
nan	Step Aerobics	9:15am	10AM	Main Studio	45 min	ANNETTE
nan	The Hourglass Workout	10AM	10:45am	Main Studio	45 min	Annette
nan	HOT PILATES	10:15am	11AM	Loft Studio	45 min	Karen
nan	Regent Pump!	10:45am	11:30am	Main Studio	45 min	james
nan	Body Combat	5.15pm	6.00pm	Main Studio	45 Min	Sue / Hannah
nan	HIIT on a Bike	5:45pm	6:15pm	Spin Studio	30 min	Daz
nan	Zumba	6PM	6:45pm	Main Studio	45 min	Sue / Hannah
nan	HOT PILATES	6:15pm	7PM	Loft Studio	45 min	Karen
nan	The Hourglass Workout	6.55pm	7.40pm	Main Studio	45 min	Sue / Hannah
nan	TRIP	7PM	7:45pm	Spin Studio	45 min	Ilias
nan	PILATES	7:45pm	8:00pm	Loft Studio	45 min	Karen

# Thursday

nan	GRIT Strength	6:15am	6:45am	Main Studio	30 min	Ilias
nan	GRIT Athletic	6:50am	7:20am	Main Studio	30 min	Ilias
nan	Body Pump	9:15am	10AM	Main Studio	45 min	Tuesdae
nan	Pilates	9:15am	10AM	Loft Studio	45 min	Karen
nan	TRAIN FOR POWER	9:15am	9:45am	Sports Performance Studio	30 min	JAMES
nan	Let's Ride	9:30am	10:15am	Spin Studio	45 min	Angie
nan	HOT PILATES	10:15am	11AM	Loft Studio	45 min	Karen
nan	Kettlebell HIIT	10:15am	11:00am	Main Studio	30 min	Tuesdae
nan	Body Pump	5:10pm	5:55pm	Main Studio	45 min	Anne
nan	Body Jam	6:00pm	6:45pm	Main Studio	45 min	Anne
nan	Let's Ride	6:30pm	7:15pm	Spin Studio	45 min	Daz
nan	Zumba	6:50pm	7:35pm	Main Studio	45 min	ANDREA
nan	Circuit Training	7:40pm	8:25pm	Main Studio	45 min	Daz
nan	Let's Ride	8:30pm	9:15pm	Spin Studio	45 min	Daz

# Friday

nan	TRIP	6:50am	7:35am	Spin Studio	45 min	Michelle
nan	TRIP	9:15am	10AM	Spin Studio	45 min	Michelle
nan	Fab Abs, Killer Butt	9:15am	10AM	Main Studio	45 min	Tuesdae
nan	Body Balance	10:05am	10:50am	Main Studio	45 min	Tuesdae
nan	Regent Pump	5:15pm	6PM	Main Studio	45 min	James
nan	PadFit	6PM	6:45pm	Main Studio	45 min	Magda
nan	Body Combat	6:45pm	7:30pm	Main Studio	45 min	Hannah / Sue
nan	Zumba	7:30pm	8:15pm	Main Studio	45 min	Hannah / Sue

# Saturday

nan	Regent Pump	7:30am	8:15am	Main Studio	45 min	Magda
nan	TRIP	7:30am	8:15am	Spin Studio	45 min	Michelle
nan	Zumba	8:30am	9:15am	Main Studio	45 min	ANDREA
nan	Barre	9:15am	10AM	Loft Studio	45 min	Anne
nan	TRIP	9:30am	10:15am	Spin Studio	45 min	Michelle

# Sunday

nan	HOT PILATES	8am	8:45am	Loft Studio	45 min	Karen
nan	Shanamm	9am	9:45am	Main Studio	45 min	Amy
nan	Let's Ride	10:00am	10:45am	Spin Studio	45 min	Angie
nan	PILATES	10am	10:45am	Main Studio	45 min	Karen
nan	HIIT	6:00pm	6:30pm	Main Studio	30 min	Tuesdae