

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RIDE 07:00-07:45 Tracey Studio 1 (16th / 23rd / 30th)	BODY PUMP 17:00-18:00 Sarah Studio 1 (17th)	WODROX 12:30-13:15 Chris Gym Floor (18th)	KETTLEBELLS 07:00-07:45 Tracey Studio 1 (19th / 2nd)	RIDE 07:00-07:45 Tracey Studio 1 (20th / 3rd)		CIRCUITS 09:00-10:00 Tracey Covered Courts (22nd / 29th / 5th)
BODY PUMP 12:15-13:00 Aileen Studio 1 (16th / 23rd / 30th)	RIDE 18:15-19:00 Jim Studio 1 (17th)	ZUMBA 17:15-18:00 Rosalie Studio 1 (18th)	BODY PUMP 18:00-18:45 Aileen Studio 1 (19th / 2nd)	WODROX 12:30-13:30 Tracey Gym Floor (20th / 3rd)		
RIDE 17:15-18:00 Tracey Studio 1 (16th / 23rd)	YOGA 19:15-20:15 Hannah Studio 1 (17th)	BODY PUMP 18:15-19:00 Sarah Studio 1 (18th)				
BODY COMBAT 18:15-19:15 Mark Studio 1 (16th / 23rd / 30th)		BODY BALANCE 19:15-20:00 Sarah Studio 1 (18th)				

Scan to book
your sessions

