

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>RIDE</b> 07:00-07:45 Tracey   Studio 1	<b>YOGA</b> 07:00-07:45 Jade   Lemon Grove Centre	<b>PILATES</b> 07:00-07:45 Josie   Lemon Grove Centre	<b>YOGA</b> 07:00-07:45 Jade   Lemon Grove Centre	<b>RIDE</b> 07:00-07:45 Tracey   Studio 1	<b>BODY ATTACK</b> 08:15-09:00 Mark   Studio 1	<b>CIRCUITS</b> 09:00-10:00 Tracey   Covered Courts
<b>BODY PUMP</b> 12:15-13:00 Aileen   Studio 1	<b>FREE WIGHTS FITNESS</b> 12:30-13:30 Harry   PTF	<b>LBT</b> 07:15-08:00 Jess   Studio 1	<b>KETTLEBELLS</b> 07:00-07:45 Tracey   Studio 1	<b>WODROX</b> 12:30-13:30 Tracey   Gym Floor	<b>RIDE</b> 09:30-10:15 Jade   Studio 1	<b>RIDE</b> 17:00-17:45 Chris   Studio 1
<b>RIDE</b> 17:15-18:00 Tracey   Studio 1	<b>PILATES</b> 13:30-14:30 Josie   Studio 1	<b>WODROX</b> 12:30-13:15 Chris   Gym Floor	<b>PILATES</b> 13:30-14:15 Josie   Studio 1	<b>YOGA</b> 13:30-14:15 Alice   Studio 1		
<b>BODY COMBAT</b> 18:15-19:15 Mark   Studio 1	<b>BODY PUMP</b> 17:00-18:00 Sarah   Studio 1	<b>ZUMBA</b> 17:15-18:00 Rosalie   Studio 1	<b>FREE WIGHTS FITNESS</b> 17:00-18:00 Harry   PTF	<b>PILATES</b> 18:15-19:00 Emily   Studio 1		
<b>LES MILLS CORE</b> 19:15-20:00 Emily   Studio 1	<b>RIDE</b> 18:15-19:00 Jim   Studio 1	<b>BODY PUMP</b> 18:15-19:00 Sarah   Studio 1	<b>BODY PUMP</b> 18:00-18:45 Aileen   Studio 1			
	<b>YOGA</b> 19:15-20:15 Hannah   Studio 1	<b>BODY BALANCE</b> 19:15-20:00 Sarah   Studio 1	<b>BODY COMBAT</b> 19:00-20:00 Mark   Studio 1			

Scan to book  
your sessions

