

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

