

Time	Mon	Tue	Wed	Thu	Fri	Sat
6:00am		Body Pump				Body Balance 8.15am
9:00am	Body Pump	HIIT Circuit (30 Mins)	Spin	Metafit (30 Mins)	Body Combat	
9:30am		Body Step	Zumba	Body Pump	Virtual Spin 9.15am	Body Pump
10:30am	Body Balance		Pilates	Seniors Fitness	Body Balance	
4:30pm	Metafit (30 Mins)	Pilates	HIIT Circuit (45 Mins)	Pilates	Clubbercise	
5.00pm	Zumba					
5.30pm	Virtual Spin 5.30pm	Body Pump	Body Combat	Body Pump		
6.30pm			Body Balance			

Commences Monday 17th January 2022