

Time	Mon	Tue	Wed	Thu	Fri	Sat
6:00am		Body Pump				Body Balance 8.15am
9:00am	Body Pump	HIIT Circuit (30 Mins)	Spin	HIIT (30 Mins)	Body Combat	
9:30am		Lite Pace	Zumba	Body Pump	Spin Virtual (9.00am)	Body Pump
10:30am	Body Balance		Pilates			
4:30pm	HIIT (30 Mins)	Pilates	HIIT Circuit (45 Mins)		Clubbercise	
5.00pm	Zumba			Body Pump		
5.30pm	Spin	Body Pump	Body Combat			
6.00pm				Body Balance		

Commences Monday 14th January 2024