


| Monday                          | Tuesday                            | Wednesday                           | Thursday                         | Friday                            | Saturday  | Sunday                            |
|---------------------------------|------------------------------------|-------------------------------------|----------------------------------|-----------------------------------|---|-----------------------------------|
| Bodypump 6:30 -07:15<br>Bronagh | Twenty20 6:30 – 7:15<br>Cory       | Bodypump 6:30- 07-15<br>Mandy       | Spin 6:30-7:15<br>Emily          | Bodypump 6:30-7:15<br>Philip      | Spin 9:00-9:45<br>Cam   | Bodypump 10:00-10:45<br>Mandy     |
|                                 |                                    |                                     |                                  |                                   | Circuits 9:00 - 9:45<br>Grania  | Bodybalance 11:00-11:45<br>Philip |
| Spin 9:30-10:15<br>Leah         | Yoga 9:15:10:15<br>Cam             | Bodypump 9:30-10:15<br>Leah         | LBT 10:00-10:45<br>Cam           | Spin 09:30 – 10:15<br>Mandy       | Bodypump 10:00-10:45<br>Donna   | Spin 12:00 -13:00<br>Chris        |
| Bodypump 9:30-10:15<br>Donna    | Bodypump 10:30-11:15<br>Cam        | Pilates 10:30- 11:30<br>Cam         | Bodybalance 11:00-11:45<br>Cam   | Body Tone 10:00 – 10:30<br>Grania | Yoga 11:00-12:00<br>Tom   | Yoga 13:00-14:00<br>Tom           |
| Yoga 10:30- 11:30<br>Cam        | Bodybalance 11:30- 12:15<br>Cam    | Bodybalance 11:45- 12:15<br>Bronagh |                                  | Pilates 11:00-12:00<br>Ruth       | Spin 12:30-13:15<br>Emily   |                                   |
| Aqua 11;15 – 12:00<br>Donna     |                                    |                                     |                                  | Yoga 13:00- 14:00<br>Tom          | Bodybox 12:15 – 13:00<br>Mark   |                                   |
|                                 |                                    |                                     |                                  |                                   |   |                                   |
| Spin 17:30-18:15<br>Mandy       | Spin 17:30-18:15<br>Leah           | Spin 17:30-18:15<br>Emily           | Spin 17:30-18:15<br>Mandy        | Spin 17:30-18:15<br>Emily         |   |                                   |
| Bodypump 17:30-18:15<br>Leah    | Circuits 17:30-18:15<br>Grania     | Bodypump 17:30-18:15<br>Hazel       | Circuits 17:30-18:15<br>Cory     | Bodypump 17:30-18:15<br>cam       |   |                                   |
| Spin 18:30 -19:15<br>Chris      | Spin 18:30 -19:15<br>Cory          | Spin 18:30- 19:15<br>Emily          | Bodypump 18:30-19-15<br>Hazel    | Bodybalance 18:30-19:15<br>Hazel  |   |                                   |
| Circuits 18:30- 19:15<br>Adam   | Bodypump 18:30-19:15<br>Donna      | Bodycombat 18:30-19:15<br>Hazel     | Bodybalance 19:30-20:30<br>Hazel | Zumba 19:25 – 20:10<br>Shila      |  |                                   |
| Bodycombat 19:30-20:15<br>Hazel | Bodybalance 19:30-20:15<br>Bronagh | Yoga 19:20-20:20<br>Cam             | Aqua 19:00- 19:45<br>Donna       |                                   |   |                                   |
|                                 | Aqua 19:30 -20:45<br>Donna         |                                     |                                  |                                   |   |                                   |

|  |   |  |   |   |  |  |
|--|---|--|---|---|--|--|
|  |   |  | <b>Strength Class</b><br>07:00- 07:30<br>Adam |   |  |  |
| <b>HIIT Class</b><br>10:00-10:30<br>Cory | <b>Core Class</b><br>9:30 -10:00<br>Eileen    | <b>HIIT Class</b><br>10:00-10:30<br>Cory       |   | <b>HIIT Class</b><br>10:00-10:30<br>Cory    | <b>Kettlebell Class</b><br>10:00 – 10:30<br>Eileen |  |
|  |   |  |   |   | <b>Core Class</b><br>10:30- 11:00<br>Eileen        |  |
|  | <b>Running Class</b><br>18:00 – 19:00<br>Neil |  | <b>Running Class</b><br>18:00 – 19:00<br>Neil |   |  |  |
|  | <b>Kettle Bells</b><br>18:00 -18:30<br>Eileen | <b>Strength Class</b><br>18:00 – 18:30<br>Mick |   | <b>Core Class</b><br>18:30- 19:00<br>Eileen |  |  |

**Gym Floor Classes & Running Class**

5 Different classes

30 minutes

**HIIT**  
HIIT gets and keeps your heart rate upend burns more fat in less time.

**Core**  
Working on that area we all love to hate

**Kettlebells**  
Strength, fitness and toning

**Strength**  
Learning & building strength using compounds movements

**Run**  
Our routes involve towpath's, trails and hills with stopping points along the way