



	10.00	11.00	12.00	17.30	18.30	19.30
MON	Yoga			Body Conditioning	Sexy Salsa 😊	Body Combat 😊
TUES		Body Balance		STEP 😊	Body Attack 😊	Body Balance
WED		Absolute Abs (30mins)	Body Combat 😊	Body Combat	Body Jam 😊	Pilates 😊
THUR		Pilates		Body Combat 😊	Body Attack 😊	Kick Boxercise
FRI		Absolute Abs (30mins)	Body Attack	Body Jam 😊	Body Combat 😊	Pro-Girya (see reception)
SAT		Body Combat 😊	Body Jam 😊			
SUN		Pro-Girya (see reception)	Body Attack 😊	Body Balance 😊		



	6.30	10.00	11.00	12.00	18.00	19.00	20.00
MON			11.30 Spin		Spin	Body Pump 😊	PoleKats (see reception)
TUES	Spin	Pro Pump	18.30 - 19.30 Running Club		Body Pump 😊	Spin Circuits	
WED					Spin	Pro Pump 😊	PoleKats (see reception)
THUR			18.00 - 19.00 Running Club		Pro Pump 😊	Spin	
FRI	Spin				Spin 😊	PoleKats (see reception)	
SAT		Spin 😊					
SUN				Pro Pump 😊			