










		06:00	07:00	08:00	09:00	10:00	11:00	12:00	13:00	16:00	17:00	18:00	19:00	20:00	21:00	
Monday	Gym					Silver Zone					Junior Gym					
	Studio				Step	Yoga						Men That Stretch	Yoga			
	Spin Zone											Studio Cycling				
	Sports Hall											Zumba				
	Astro												Bootcamp			
	Pool				Aqua											
Tuesday	Squash Courts											Boogie Bounce				
	Gym					Silver Zone										
	Studio				Yoga	Yoga							Pilates	Pilates		
	Spin Zone											Studio Cycling				
	Sports Hall												Kettlebells			
	Pool				Aqua											
Wednesday	Gym					Silver Zone				Junior Gym	Junior Gym					
	Studio					Yoga						Pilates	Pilates			
	Spin Zone	Studio Cycling										Studio Cycling				
	Sports Hall															
	Astro															
	Pool				Aqua											
Thursday	Gym					Silver Zone				Junior Gym						
	Studio				Yoga		Step					Yoga	Yoga			
	Spin Zone											Studio Cycling				
	Sports Hall											Zumba	Kettlebells			
	Pool				Aqua											
	Friday	Gym					Silver Zone				Junior Gym	Junior Gym				
Studio					LBT	Supple Strength						Yoga	Yoga			
Spin Zone		Studio Cycling										Studio Cycling				
Astro													Bootcamp			
Pool					Aqua											
Saturday		Spin Zone			Studio Cycling	Studio Cycling										
Sunday	Studio				Pilates											
	Spin Zone					Studio Cycling										

	Mind & Body		Circuit Training		Toning
	Studio Cycling		Strength/Core		Junior Fitness
	Aqua		Dance		50+