

Monday		Class	Instructor
06.30 - 07.15		Group Cycle	Jodie
09.00 - 09.45		Legs, Bums & Core	Keiron
10.15 - 11.00		Dance Fit	Keiron
11.15 - 11.45		VFIT HIIT	Elliot
12.00 - 13.00		Yoga	Holly
12.15 - 13.00		Virtual Spin	Technogym
14.15 - 15.05		Tai Chi	Noel
17.45 - 18.30		Pump & Tone	Keiron
18.40 - 19.25		Low Fu Total Body Workout	Alison
19.30 - 20.30		Pilates	Michelle D
Tuesday			
06.30 - 07.15		VFIT HIIT	Keiron
08.15 - 09.00		Group Cycle	Keiron
09.05 - 10.05		Yoga	Rose
11.15 - 12.15		Pilates	Michelle
12.30 - 13.15		Virtual Spin	Technogym
18.00 - 18.45		Zumba	E'laine
18.50 - 19.50		12 Rounds (Boxing)	Archie
20.00 - 21.00		Yoga	Susie
Wednesday			
06.00 - 06.45		HIIT Conditioning	Kelly
06.15 - 07.00		Virtual Spin	Technogym
09.30 - 10.30		Yoga	Susie
11.30 - 12.30		Pilates	Anna
13.30 - 14.15		VFIT HIIT	Dan
17.30 - 18.15		Stretch and Tone	Keiron
18.20 - 19.10		Zumba	E'laine
19.20 - 20.20		Pilates	Kaushika
Thursday			
06.30 - 07.15		Group Cycle	Jenny
07.30 - 08.20		Pump & Tone	Jenny
09.15 - 10.15		Yoga	Kaushika
10.20 - 11.20		Pilates	Caroline
12.00 - 12.30		VFIT HIIT	Elliot
12.30 - 13.15		Virtual Spin	Technogym
17.15 - 18.05		Pump & Tone	Monica
18.15 - 19.15		Yoga	Faye
19.20 - 20.05		Low Fu Total Body Workout	Noel
Friday			
06.00 - 06.45		HIIT Conditioning	Kelly
09.00 - 09.50		Pilates	Anna
09.55 - 10.40		Barre	Anna
10.45 - 11.30		Legs, Bums and Core	Keiron
11.30 - 12.30		Pilates	Caroline
12.30 - 13.15		Spin	Dan
12.30 - 13.30		Pilates	Caroline
18.00 - 18.45		Virtual Spin	Technogym
Saturday			
07.15 - 08.00		Virtual Spin	Technogym
08.00 - 08.30		VFIT HIIT	Karen
08.30 - 09.15		Low Fu Total Body Workout	Karen
09.30 - 10.15		Group Cycle	Karen
09.30 - 10.30		Pilates	Anna
10.45 - 11.45		Yogalates	Leanne
Sunday			
09.00 - 10.00		12 Rounds (Boxing)	Archie
10.10 - 11.10		Yoga	Faye
11.15 - 12.15		Yoga	Faye