



	MORNING	AFTERNOON	EVENING
MONDAY	1) <i>BUMS AND TUMS 09.30*</i> 2) <i>EASYLINE 10.30</i>	3) <i>HIIT FITNESS 13.30*</i> 4) <i>KETTLEBELLS 15.00*</i>	5) <i>PILATES 18.00*</i> 6) <i>HIIT STEP 19.00*</i>
TUESDAY	1) <i>PILATES 10.00</i> 2) <i>ABS WORKOUT 11.00*</i>	3) <i>BUMS & TUMS 12.00*</i> 4) <i>KETTLEBELLS 14.00*</i>	5) <i>UNITE 18.00*</i> 6) <i>CIRCUITS 19.00*</i>
WEDNESDAY	1) <i>PIYO 09.40</i> 2) <i>STEP CLASS 11.30*</i>	3) <i>CIRCUITS 12.15</i> 4) <i>STRETCHING SESSION 13.15</i>	5) <i>HIIT CIRCUITS 18.00*</i> 6) <i>ABS WORKOUT 19.00*</i>
THURSDAY	1) <i>SCULPT & TONE 09.30*</i> 2) <i>SUSPENSION CLASS 11.00*</i>	3) <i>HIIT FITNESS 13.30*</i> 4) <i>ABS WORKOUT 15.00*</i>	5) <i>CIRCUITS 18.00*</i> 6) <i>BUMS AND TUMS 19.00*</i>
FRIDAY	1) <i>SCULPT AND TONE 09.30*</i> 2) <i>50+ FITNESS 10.30</i>	3) <i>CORE X 13.30*</i> 4) <i>HIIT FITNESS 15.00*</i>	5) <i>KETTLEBELLS 18.00*</i> 6) <i>AB WORKOUT 19.00*</i>
SATURDAY	1) <i>YOGA 09.00*</i> 2) <i>YOGA 10.00*</i>	3) <i>BUMS & TUMS 13.00*</i> 4) <i>AEROBICS 14.00*</i>	5) <i>HIIT CIRCUITS 18.00*</i> 6) <i>KETTLEBELLS 19.00*</i>
SUNDAY	1) <i>CORE X 10.00*</i> 2) <i>UNITE 11.00*</i>	3) <i>AB BLAST 13.00*</i> 4) <i>CIRCUITS 15.00*</i>	5) <i>KETTLEBELLS 18.00*</i> 6) <i>SCULPT & TONE 19.00*</i>

- Classes marked * are pre recorded classes, others are livestreams
- Please ensure you have consent to exercise from a medical professional if you are suffering from any illnesses or injuries before participating