

Time	Mon	Tue	Wed	Thu	Fri	Sat
6:00am		Body Pump			Spin	Body Balance 8.15am
9:00am	Body Pump	Metafit (30 Mins)	Spin	Metafit (30 Mins)	Body Combat	Virtual Spin 9.15am
9:30am		Body Step	Zumba	Body Pump	Virtual Spin 9.15am	Body Pump
10:30am	Body Balance		Pilates		Body Balance	
4:30pm	Metafit (30 Mins)	Pilates	Metapwr (45 Mins)	Pilates	Clubbercise	
5.00pm	Zumba					
5.30pm		Body Pump	Body Combat	Body Pump		
		Virtual Spin 5.30pm	Body Balance 6.30pm			

Commences Monday 12th July 2021