

Time	Mon	Tue	Wed	Thu	Fri	Sat
6:00am		Body Pump				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	Clubbercise (45 Mins)		
4:30pm	Metafit (30 Mins)	Pilates	L1FT (45 Mins)	Pilates		
5.00pm	Zumba (45 Mins)					
5.30pm		Body Pump	Body Combat	Body Pump	Clubbercise	
	Body Step 5.45pm	Virtual Spin 5.30pm	Body Balance 6.30pm	Virtual Spin 5.30pm		

Commences Monday 18th Jan 2021