

Live Group Exercise Timetable 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Body Balance 6:45am-7:30am Wellness- Jenny <hr/> Low impact LBT 7.45-8.30 Studio-1- Jenny <hr/>	Group Cycling 6:45am-7:30am Spin Studio – Michael <hr/>	Hatha Yoga 6:45am-7:30am Wellness Studio – Jennie <hr/>	Group Cycling 6:45am-7:30am Spin Studio – Stuart <hr/>	Group Cycling 6:45am-7:30am Spin Studio – Michael <hr/>	Jennie Yoga Flow 7.30am-8.15am Wellness-Jennie <hr/>	
LBT 9:30am-10:15am Studio 1 – Dan T <hr/>	Aqua Aerobics 7:30am-8:15am Pool – Polly <hr/>		Hatha Yoga 6:45am-7:30am Wellness Studio – Sandra <hr/>	Pilates 9.15am-10.10am Wellness - Claire <hr/>	Jennie Yoga Flow 8:30am-9:30am Wellness –Jennie <hr/>	
Group Cycle 9:30am-10:15am Spin Studio – Rachel <hr/>	Group Cycling 9:30am-10:15am Spin Studio – Polly <hr/>	Group Cycling 9:30am-10:15am Spin Studio – Polly <hr/>	Aqua Aerobics 7:30am-8:15am Pool – Libby <hr/>	Group Cycling 9:30am-10:15am Spin Studio – Rachel <hr/>	Zumba 9:30am-10:15am Studio 1 - Becky <hr/>	Yoga Flow 9:15-10:15am Wellness - Lyn <hr/>
Yoga Stretch & Flex 10.00am-10.45am Wellness Studio - Megan <hr/>	Strength & Tone 9:30am-10:15am Studio 1 – Libby <hr/>	Circuits 9:30am-10:15am Studio 1 – Dan <hr/>	Group Cycling 9:30am-10:15am Spin Studio – Polly <hr/>	Body Conditioning 9.30am-10.15am Studio 1 - Dan <hr/>	Group Cycling 9:45am-10:30am Spin Studio - Rachel <hr/>	LBT 10:10am-10:55am Studio 1 – Dan <hr/>
Strength 30min Full Body Workout 10:15am-11:00am Studio 1 – Dan <hr/>	LBT 10:15am-11:00am Studio 1 –Libby <hr/>	Studio Strength 10:20am-11:00am Studio 1 – Polly <hr/>	Body Sculpt 09.30am -10.15am Studio 1 - Libby <hr/>	Circuits 10.25-11.10am Studio 1 – Dan <hr/>	Body Balance 10.30am 11.30am Wellness Studio- Jenny <hr/>	Group Cycling 11:00am-11:45am Spin Studio - Dan <hr/>
Body Balance 11:00am-12.00pm Wellness Studio – Jenny <hr/>	Body Balance 10.20am-11.05am Wellness Studio – Jenny <hr/>	Body Balance 10.20am-11.05am Wellness Studio - Jenny <hr/>	Motion Pilates 10:15am-11:00am Wellness - Annette <hr/>	Hatha Yoga 10:15am-11:00am Wellness Studio - Sandra <hr/>	Grit 10:40am-11:10am Studio 1 – Rachel <hr/>	Hatha Yoga 10:30am-11:30am Wellness - Lyn <hr/>
Body Pump 17:45pm-18:45pm Studio 1 – Rachel <hr/>	Yoga Flow 11:15-12:15pm Wellness Studio - Lyn <hr/>	Gentle Yoga Flow 11:15am-12:15pm Wellness Studio – Lyn <hr/>	Bodyblast 10:20am-11.00am Studio 1 – Polly <hr/>			
Group Cycle 18:00pm-18:45pm Spin Studio - Hannah <hr/>	Circuits 17.30pm-18.15pm Studio 1 – Mark <hr/>	Zumba 17:45pm-18:30pm Studio 1 - Becky <hr/>	Motion Pilates 11:15am-12:00pm Wellness - Annette <hr/>			
Yoga Flow 18:15pm-19:15pm Wellness Studio – Lyn <hr/>	Group Cycle 18.00pm-18.45pm Spin Studio - Rachel <hr/>	Group Cycling 18:00pm-18:45pm Spin Studio – Rachel <hr/>	Boxercise 17:30pm-18:15pm Studio 1 – Mark <hr/>			
HIIT 18:45pm-19:15pm Studio 1 – Hannah <hr/>	Abs Blast 18.15pm- 18.45pm Studio 1 – Mark <hr/>	Body Balance 18:00pm-19.00pm Wellness Studio – Claire <hr/>	Vibe Cycling 18:00pm-18.45pm Spin Studio – Steve <hr/>	Group Cycle 18:00pm-18:45pm Spin Studio – Rachel <hr/>		
Group Cycle 19:00pm-19:45pm Spin Studio - Rachel <hr/>	Foundation Yoga 18.30pm-19.15pm Wellness Studio Cinda <hr/>	Grit Strength 18:50pm-19:20pm Studio 1 – Rachel <hr/>	Hatha Yoga 18:00pm-18:45pm Wellness - Sandra <hr/>	Body Pump 18:50pm-19:35pm Studio 1 – Rachel <hr/>		
Yin & Restore 19:20pm – 20:05pm Wellness Studio – Lyn <hr/>	Grit Strength 18.50pm-19.20pm Studio 1 – Rachel <hr/>		LBT 18:15pm-19:00pm Studio 1 - Mark <hr/>			
Core 19:15pm-19:45pm Studio 1 – Hannah <hr/>						
Aqua Aerobics 20:00pm-20:45pm Pool – Hannah <hr/>	Body Combat 19:30pm – 20:15pm Studio 1 –Rachel <hr/>	Body Pump 19:25pm-20:25pm Studio 1 – Rachel <hr/>	Body Balance 19.00-20.00 Wellness Studio – Jenny <hr/>		<hr/> <hr/> <hr/>	High Impact Medium Impact Low Impact 29 th July

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