	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8.45am		Spin (outdoor/Indoor) Sarah					
9.00am					Strength HiiT (outdoor/Indoor) Sarah	Spin (outdoor/Indoor) Jason	Spin (outdoor/Indoor) Kieran
9.30am	Circuits (outdoor/Indoor) Kieran		Aerobics (outdoor/Indoor) Tracey	Pilates (Function room) Sheila			
9.45am		Step n Pump (outdoor/Indoor) Sarah					
10.00am							Express Pump (outdoor/ Indoor) Kieran
2.00pm					Legs Bums & Tums (outdoor/ Indoor) - Gill		
5.00pm							
5.30pm	Pilates (Function room) Sheila	Spin (outdoor/Indoor) Sarah					
6.30pm		Yoga (Function room) Sarah Vas		Spin (outdoor/Indoor) Kieran/Jason			
7.00pm							

Pilates and Yoga will be held in the function room, please bring your own mat to all classes. All other classes will be held outside while the weather allows. In the event of rain the classes will be moved to the function room or studio.

Classes are bookable through GymSync.