



<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
	6:30 – 7:15 BOOTCAMP NICK	06:30 – 7:15 HIIT BLAST JODIE		06:30 – 07:15 TRX HESTER		
09:30 – 10:15 HESTER GYM FIT	09:30 – 10:15 HESTER TRX	09:30 – 10:30 RUN FIT TRACEY	09:30 – 10:15 DONNA HIIT	09:30 – 10:15 GYM FIT HESTER	09:30- 10:30 JODIE/HESTER HIIT	08:30 – 09:30 HIIT + TONE DONNA
			10:30 – 11:15 DONNA GYM FIT			
11:00 – 11:45 HESTER TRX		11:00 – 11:45 JODIE HIIT				
12:30 – 1:15 JODIE RUN FIT	12:00 – 12:45 GYM FIT HESTER	12:00 – 12:15 JODIE TRX		12:00 – 12:45 GYM HIIT DONNA		
	14:00 – 14:45 BOOTCAMP NICK	14:00 – 14:45 GYM FIT HESTER		14:00 – 14:45 BOOTCAMP NICK		
18:00 – 18:15 BOOTCAMP NICK	18:00 18:45 CIRCUITS DONNA	18:30 – 19:15 HESTER HIIT		18:30 – 19:15 TRX JODIE		

Timetable subject to change. For most up to date information use the Membr App or log in to the members' area