



Monday		
06:30 – 07:15	Lift and Move	Gym floor
09:30 – 10:30	Vinyasa Yoga	Studio
10:45 – 11:45	Hatha Yoga	Studio
11:00 – 11:45	Spin & Tone	Spin area (Gym floor)
14:15 – 14:45	Pure Spin Blast	Spin area (Gym floor)
17:30 – 18:15	Suspended Movement	Gym floor/ Outside (weather dependant)
18:15 – 19:15	Pilates	Studio
18:30 – 19:15	Gym Fit	Gym floor
19:30 – 20:15	Boxercise	Studio
19:30 – 20:15	Spin & Tone	Spin area (Gym floor)
Tuesday		
06:30 – 07:00	Pure Spin Blast	Spin area (Gym floor)
07:30 – 08:30	Progressive Power Yoga	Studio
09:15 – 10:15	Run Fit PLUS	Outside
09:30 – 10:15	Bootcamp	Studio / Outside (weather dependant)
09:30 – 10:00	Pure Spin Blast	Spin area (Gym floor)
10:15 – 11:00	GymBox	Gym floor
11:30 – 12:15	Suspended Movement	Gym floor/ Outside (weather dependant)
12:00 – 13:00	Yoga	Studio
13:15 – 14:15	Yoga	Studio
14:00 – 14:45	Lift & Move	Gym floor
15:00 – 16:00	Pilates	Studio
18:15 – 19:00	Circuits	Studio
19:00 – 19:30	Core & Stretch	Studio
Wednesday		
06:30 – 07:00	HIIT	Studio
08:15 – 09:15	Vinyasa Yoga	Studio
08:45 – 09:15	Pure Spin Blast	Spin area (Gym floor)
09:30 – 10:15	Hatha Yoga	Studio
09:30 – 10:00	Pure Spin Blast	Spin area (Gym floor)
12:00 – 12:45	Boxercise	Studio
12:45 – 13:45	Pilates	Studio
14:00 – 14:45	Lift and Move	Gym Floor
18:15 – 18:45	HIIT	Studio
18:45 – 19:05	Pure Core	Studio

Thursday		
06:30 – 07:00	Pure Spin Blast	Spin area (Gym floor)
08:00 – 09:00	Yoga	Studio
09:15 – 10:15	Yoga	Studio
09:30 -10:15	Spin and tone	Spin area (Gym floor)
10:5 – 10:45	Pure Spin Blast	Spin area (Gym floor)
11:00 – 12:00	Pilates	Studio
12:00 – 12:45	Lift and move	Gym floor
14:00 – 14:45	Suspended Movement	Gym floor/ Outside (weather dependant)
17:30 – 18:15	Bootcamp	Studio/ Outside (weather dependant)
18:30 – 19:30	Vinyasa Yoga	Studio
20:00 – 21:00	Relaxed Yoga	Studio
Friday		
06:00 – 07:00	Pure Spin Blast	Spin area (Gym floor)
08:30 – 09:30	Yin Yoga	Studio
09:15 – 10:15	Run Fit	Outside
09:30 – 10:00	Pure Spin Blast	Spin area (Gym floor)
10:15 – 11:00	Suspended Movement	Gym Floor/ Outside (weather dependant)
10:30 – 11:30	Pilates	Studio
14:00 – 14:45	Suspended Movement	Gym Floor/ Outside (weather dependant)
Saturday		
08:30 – 09:00	Pure Spin Blast	Spin area (Gym floor)
09:15 – 10:00	Boxercise	Studio
Sunday		
08:30 – 09:00	Pure Spin Blast	Spin Area (Gym floor)
09:00 – 09:30	Pure Spin Blast	Spin Area (Gym floor)