

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00 - 07:45	Virtual	Virtual	Virtual	Virtual	Virtual		
10:00 - 10:45	Body Pump Les Mills GX Instructor soli		Body Pump Les Mills GX Instructor soli		Pilates GX Instructor harrold	Body Attack GX Instructor Nassima	
11:00 - 11:45	Indoor Cycling GX Instructor danny	Zumba GX Instructor pauline	Indoor Cycling GX instructor danny	Zumba GX Instructor pauline		Body Combat GX Instructor Lisa	
12:00 - 13:00							Yoga GX Instructor harrold
18:30 - 19:15	Indoor Cycling PT Led dougie	NRG Box Fit GX instructor danny	Indoor Cycling GX Instructor Peter Rennes	NRG Box Fit GX instructor danny	Tone GX instructor Joanne		
19:15 - 20:00	Body Pump GX Instructor soli	Les Mills Body Combat GX Instructor Ebba	LM Body Pump GX Instructor soli	Les Mills Body Attack GX Instructor Nassima			
20:00 - 21:00	Yoga GX Instructor harrold						