

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09:00 - 09:45						Zumba with Pauline	
09:30 - 10:15				Funky Aerobics with Serina			
10:00 - 10:45	Body Pump with Soli		Body Pump with Soli			Body Attack with Soli	
10:00 - 11:00					Pilates with Harold		
10:30 - 11:15		Bootcamp with Milo		Les Mills Body Balance with Jamiel			
11:00 - 11:45	Spin with Danny		Spin with Danny			Body Combat with Lisa	
12:00 - 13:00							Yoga with Harold
14:00 - 14:45						Yoga with Sophie	Bootcamp with Milo
18:00 - 18:45	HIIT with Jamiel		Spin with Peter				
18:30 - 19:15	Spin with Danny	Boxfit with Danny	Zumba with Pauline	Boxfit with Danny			
19:15 - 20:00	Body Pump with Soli	Body Combat with Ebba	Body Pump with Soli				
19:30 - 20:15				Spin with Danny			
20:00 - 21:00	Yoga with Harold	Yoga with Sophie					
20:30 - 21:15				Yoga with Milo			