

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00 - 10:45	Boxfit with Lily	HIIT with Megan	Boxfit with Lily	Circuits with Megan	LBT with Lily	Feel NRGised with GX instructor	BOOTCAMP with Connor
	Yoga with Jackie		MMA Padwork (Crossface)	Spin with Florin	Kettlebell with Charlie		
18:00 - 19:00		Spin with Florin	Spin with Florin				
		BOOTCAMP with Connor					
19:00 - 19:45				Circuits with Jordan			
19:15 - 20:15	Zumba with Amorette		Zumba with Amorette				
	Spin with Conner						