

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00 - 07:45	NRG BOOTCAMP Hass		HIIT Bee		Indoor Cycling Rafaella		
10:00 - 10:45	Spin Ladies Only Classes Lily	HIIT Charlie	Circuits Ladies Only Classes Lily	Les Mills Body Pump GX Instructor Jo	LBT Ladies Only Classes Lily	Feel NRGised Rafaella	NRG BOOTCAMP Hass
11:00 - 11:45	Indoor Cycling Lily	NRG BOX FIT Jamie	Indoor Cycling Lily	NRG BOX FIT Jamie			
12:00 - 12:30	HIIT Bee	Circuit Charlie	Abs Bee	HIIT Bee	Abs Bee		
—————							
18:00 - 18:45	Indoor Cycling Florin	Indoor Cycling Lily	Indoor Cycling Florin	Indoor Cycling Florin			
18:00 - 18:30	Total ABS Kristian	ZUMBA Amorette	Les Mills Body Pump Nina	ZUMBA Amorette	NRG HIIT Charlie		
19:00 - 19:45	NRG BOOTCAMP Kristian	Body Conditioning Gym Instructor	NRG BOOTCAMP Charlie	Body Combat GX Instructor Nina	NRG BOOTCAMP Charlie		
20:00 - 21:00		Pilates GX Instructor Rafealla	Street Beats GX Instructor Zarah	Pilates GX Instructor Rafealla			