

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00 - 07:45	Bootcamp with GX instructor				Spin with Rafaella		
10:00 - 10:45	Circuits Ladies Only Class with Lily	HIIT with Charlie	Boxfitness with Lily	NRG pump with Jo	LBT Ladies Only Class	Feel NRGised with GX instructor	BOOTCAMP with GX instructor
11:00 - 11:45	Spin with Lily		Spin with Lily				
<b>18:00 - 19:00</b>							
18:00 - 19:00	Yoga with Jackie	Learn to lift with Lily	MMA Padwork	Pilates			
	Bootcamp with GX instructor	Spin with Florin	Spin with Florin	Spin with Florin	Kettlebell with Charlie		
19:00 - 19:45			NRG Pump with Nina	Bootcamp with GX instructor			
19:00 - 20:00		Zumba with Amorette		Zumba with Amorette	Total abs with Lukas		
19:45 - 20:30			Street beats				