

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SYNRGY RIG 09:15 - 10:00am	BURN CYCLE 06:45 - 07:30am	BURN CYCLE 06:45 - 07:30am	SYNRGY RIG 06:45 - 07:30am	BURN CYCLE 09:15 - 10:00am	Les Mills BODY COMBAT Katie 08:30 - 09:15am	SYNRGY RIG 9:45 - 10:30am
Les Mills BODY COMBAT Katie 09:30 - 10:30am	YOGA Rebecca 08:00 - 09:00am	Les Mills GRIT SERIES Katie 09:30 - 10:00am	Les Mills BODY COMBAT Marie 09:15 - 10:00am	TABATA 10:15 - 11:00	BURN CYCLE 09:00 - 09:45am	
YOGA & MEDITATION Gina 11:15 - 12:30pm	BURN CYCLE 09:15 - 10:00am	SYNRGY RIG 9:30 - 10:00am	Les Mills BODY PUMP Marie 10:00 - 11:00am	YOGA & MEDITATION Gina 11:15 - 12:30pm	Les Mills GRIT SERIES Katie 09:15 - 9:45am	
SYNRGY BOX-HIIT 1:00 - 1:45pm	TABATA Marie 09:30 - 10:30am	FLOW YOGA Roger 12:00 - 1:00pm	Les Mills COMBAT EXPRESS Niamh 1:00 - 1:30pm	SYNRGY RIG 2:00 - 2:30pm		
Les Mills GRIT SERIES Katie 5:30 - 6:00pm	CORE CONDITIONING Marie 10:30 - 11:00am	BURN CYCLE 5:30 - 6:15pm	Les Mills PUMP EXPRESS Niamh 1:30 - 2:00pm	BURN CYCLE 5:30 - 6:15pm		
PUMP Katie 6:00 - 7:00pm	Les Mills COMBAT EXPRESS Niamh 1:00 - 1:30pm	Les Mills GRIT SERIES Katie 5:30 - 6:00pm	PILATES Roger 2:00 - 3:00pm			
SYNRGY RIG 5:30 - 6:00pm	Les Mills PUMP EXPRESS Niamh 1:30 - 2:00pm	Les Mills BODY COMBAT Katie 6:00 - 7:00pm	Les Mills BODY COMBAT Marie 6:00 - 7:00pm			
BURN CYCLE 6:15 - 7:00pm	BURN CYCLE 5:30 - 6:15pm	SYNRGY RIG 6:30 - 7:00pm	BURN CYCLE 6:15 - 7:00pm			
YOGA & MEDITATION Gina 7:00 - 8:15pm	ZUMBA Lucy 6:00 - 7:00pm	CORE RESISTANCE Katie 7:00 - 7:30pm	Les Mills BODY PUMP Marie 7:00 - 8:00pm			
	SYNRGY RIG 6:30 - 7:00pm					
	LEGS BUMS & TUMS Lucy 7:00 - 8:00pm					

