

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>SYNRGY RIG</b> 09:15 - 10:00am	<b>BURN CYCLE</b> 06:45 - 07:30am	<b>BURN CYCLE</b> 06:45 - 07:30am	<b>SYNRGY RIG</b> 07:00 - 07:45am	<b>BURN CYCLE</b> 09:15 - 10:00am	Les Mills <b>BODY COMBAT</b> Katie 08:30 - 09:15am	<b>SYNRGY RIG</b> 9:45 - 10:30am
Les Mills <b>BODY COMBAT</b> Katie 09:30 - 10:30am	<b>YOGA</b> Rebecca 08:00 - 09:00am	Les Mills <b>GRIT SERIES</b> Katie 09:30 - 10:00am	Les Mills <b>BODY COMBAT</b> Marie 09:00 - 10:00am	<b>TABATA</b> 10:15 - 11:00	<b>BURN CYCLE</b> 09:00 - 09:45am	
<b>YOGA &amp; MEDITATION</b> Gina 11:00 - 12:00pm	<b>BURN CYCLE</b> 09:15 - 10:00am	<b>SYNRGY RIG</b> 10:00 - 10:30am	Les Mills <b>BODY PUMP</b> Marie 10:00 - 11:00am	<b>YOGA &amp; MEDITATION</b> Gina 11:00 - 12:00pm	Les Mills <b>GRIT SERIES</b> Katie 09:15 - 9:45am	
<b>SYNRGY BOX-HIT</b> 1:00 - 1:45pm	<b>TABATA</b> Marie 09:30 - 10:30am	<b>FLOW YOGA</b> Roger 12:00 - 1:00pm	Les Mills <b>COMBAT EXPRESS</b> Niamh 1:00 - 1:30pm	<b>SYNRGY RIG</b> 2:00 - 2:30pm		
Les Mills <b>GRIT SERIES</b> Katie 5:30 - 6:00pm	<b>CORE CONDITIONING</b> Marie 10:30 - 11:00am	<b>BURN CYCLE</b> 5:30 - 6:15pm	Les Mills <b>PUMP EXPRESS</b> Niamh 1:30 - 2:00pm	<b>BURN CYCLE</b> 5:30 - 6:15pm		
<b>PUMP</b> Katie 6:00 - 7:00pm	Les Mills <b>COMBAT EXPRESS</b> Niamh 1:00 - 1:30pm	Les Mills <b>GRIT SERIES</b> Katie 6:00 - 6:30pm	<b>PILATES</b> Roger 2:00 - 3:00pm	Les Mills <b>GRIT SERIES</b> Katie 6:00 - 6:30pm		
<b>SYNRGY RIG</b> 5:30 - 6:00pm	Les Mills <b>PUMP EXPRESS</b> Niamh 1:30 - 2:00pm	<b>SYNRGY RIG</b> 6:30 - 7:00pm	Les Mills <b>BODY COMBAT</b> Marie 6:00 - 7:00pm	<b>CORE RESISTANCE</b> Katie 6:30 - 7:00pm		
<b>BURN CYCLE</b> 6:15 - 7:00pm	<b>BURN CYCLE</b> 5:30 - 6:15pm	Les Mills <b>BODY COMBAT</b> Katie 6.30 - 7.30pm	<b>BURN CYCLE</b> 6:15 - 7:00pm			
<b>YOGA &amp; MEDITATION</b> Gina 7:00 - 8:00pm	<b>ZUMBA</b> Lucy 6:00 - 7:00pm		Les Mills <b>BODY PUMP</b> Marie 7:00 - 8:00pm			
	<b>SYNRGY RIG</b> 6:30 - 7:00pm					
	<b>LEGS BUMS &amp; TUMS</b> Lucy 7:00 - 8:00pm					

