



Class Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
Circuits 7.30am-8.30am Matthew	Core and Stretch 1.15pm-2pm Matthew	Boxercise 7.30am-8.30am Matthew	LBT 4pm-5pm Matthew	Circuits 7.30am-8.30am Matthew
HIIT 10am-10.30am Matthew	LBT 4pm-5pm Matthew	Aqua 9am-9.45am Matthew	Aqua 5.30pm-6.15pm Matthew	Aqua 9am-9.45am Matthew
Boxercise 12pm-1pm Matthew	Boxercise 5.30pm-6.30pm Matthew	HIIT 10am-10.30am Matthew	Boxercise 7pm-8pm Matthew	Boxercise 12pm-1pm Matthew
Aqua 5.30pm-6.15pm Petra	Circuits 7pm-8pm Matthew	Circuits 12pm-1pm Matthew		Core and Stretch 1.15pm-2pm Matthew
Pilates 6.30pm-7.30pm Petra				

Please note that some of these classes will be weather dependant as we hope to make the most of our beautiful outdoor spaces, where possible.
We encourage our members to dress appropriately and be prepared for outdoor activities.