

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:30	INDOOR CYCLE Stephen 45mins Spin Studio	INDOOR CYCLE Tara 45mins Spin Studio		INDOOR CYCLE Tara 45mins Spin Studio	INDOOR CYCLE Paula R 45mins Spin Studio		
09:00	AEROBICS (S) Jacquie 60mins Sports Hall	ZUMBA Paula 60mins Sports Hall		AEROBICS (S) Jacquie 60mins Sports Hall	STEP & HOOP Jacquie 60mins Sports Hall		
09:30	INDOOR CYCLE Tara 45mins Spin Studio		INDOOR CYCLE Elaine 45mins Spin Studio			PUMP Paula R 60mins Sports Hall	
10:00		CORE STRENGTH Paula 30mins Riverside Room					
10:30						INDOOR CYCLE Jennifer 45mins Spin Studio	
10:45	LIVE LONG N/A 60mins Sports Hall			LIVE LONG N/A 120mins Sports Hall			
11:00			STEP Paula 60mins Sports Hall				
11:30					YOGA Jayne 60mins Riverside Room		

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:00		YOGA Catherine 60mins Sports Hall					
12:30			CIRCUITS Martin 45mins Sports Hall		KETTLEBELLS Martin 45mins Sports Hall		
			YOGA Jane 60mins Riverside Room				
17:00				PUMP Paula R 45mins Sports Hall	INDOOR CYCLE Stephen 45mins Spin Studio		
17:15			HIIT STEP Tara 30mins Sports Hall				
17:30	KETTLEBELLS Martin 30mins Spin Studio	PILATES Jane 60mins Riverside Room					
17:45		CIRCUITS Martin 45mins Sports Hall					

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
18:00	INDOOR CYCLE Jennifer 45mins Spin Studio	INDOOR CYCLE Tara 45mins Spin Studio	INDOOR CYCLE Tara 45mins Spin Studio	INDOOR CYCLE Paula 45mins Spin Studio	INDOOR CYCLE Jennifer 45mins Spin Studio		
	PILATES Tracey 60mins Riverside Room		BOXFIT Jennifer 45mins Balcony Room		HiIT STRENGTH Marty 30mins Sports Hall		
18:45		YOGA Jane 60mins Riverside Room	PILATES Karen P 60mins Riverside Room				
19:00	INDOOR CYCLE Vicki 45mins Spin Studio		ZUMBA Annabella 45mins Sports Hall	YOGA Mandy 60mins Riverside Room			
19:15	PILATES Tracey 60mins Riverside Room	STEP Jacquie 60mins Sports Hall					
20:00			PILATES Karen P 60mins Riverside Room	AQUA FIT Diane 45mins Main Pool			
20:15				YOGA Mandy 60mins Riverside Room			

MORE Cardio

Cardio classes include a variety of movements and exercises to get the heart rate pumping. Cardio classes can vary greatly, but at the core, it includes movements that increase your heart rate.

MORE Strength

If your goal is to get stronger and more sculpted then these classes are for you. The sessions are designed to get you fitter, stronger and leaner using a combination of equipment and your own bodyweight.

MORE Mind & Body

A form of exercise that combines body movement, mental focus and controlled breathing to improve strength, balance, flexibility and overall health.

(J) MORE Junior Class

(S) MORE Senior Class