

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06.10		<b>PUMP</b> June 30mins Hall 3	<b>HiIT STRENGTH</b> June 30mins Hall 3	<b>CORE</b> June 30mins Hall 3	<b>PUMP</b> June 30mins Hall 3		
06.45		<b>GROUP CYCLE</b> June 45mins Cycle Studio	<b>GROUP CYCLE</b> June 45mins Cycle Studio	<b>GROUP CYCLE</b> June 45mins Cycle Studio	<b>GROUP CYCLE</b> June 45mins Cycle Studio		
07.00		<b>HiIT</b> Emma M 30mins Hall 3		<b>HiIT</b> Emma M 30mins   Hall3 <b>YOGA</b> Amy 60mins   Studio 2			
08.15	<b>GROUP CYCLE</b> Virtual 30mins Cycle Studio		<b>GROUP CYCLE</b> Virtual 30mins Cycle Studio		<b>GROUP CYCLE</b> Virtual 30mins Cycle Studio	<b>COMBAT</b> Emma M 60mins Hall 3	
09.30	<b>ATTACK</b> Paula J 60mins Hall 3	<b>COMBAT</b> Emma M 60mins Hall 3	<b>ZUMBA</b> Paula J 60mins Sports Hall	<b>COMBAT</b> Paula J 60mins Hall 3	<b>GROUP CYCLE</b> Nicky 45mins Cycle Studio	<b>COMBAT</b> Emma M 60mins Hall 3	<b>COMBAT</b> Naomi 60mins Hall 3
		<b>GROUP CYCLE</b> Nicky 45mins Cycle Studio			<b>STEP</b> Paula J 60mins Hall 3		
10.00	<b>YOGA</b> Anne 60mins Studio 2	<b>PILATES</b> Roisin 60mins Studio 2	<b>YOGA</b> Amy 60mins Studio 2	<b>PILATES</b> Roisin 60mins Studio 2	<b>YOGA</b> Anne 60mins Studio 2	<b>GROUP CYCLE</b> Nicky 45mins Cycle Studio	<b>GROUP CYCLE</b> Paula J 45mins Cycle Studio
10.30	<b>AEROBICS (S)</b> Paula 60mins Sports Hall	<b>LIVE LONG</b> Colin 120mins Sports Hall <b>PUMP</b> Emma M 45mins Hall 3	<b>AEROBICS (S)</b> Claire 60mins Sports Hall	<b>CORE</b> Paula 30mins Hall 3	<b>CORE</b> Paula 30mins Hall 3	<b>PILATES</b> Tracy 60mins Studio 1	

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10:45						<b>ZUMBA</b> JD 60mins Hall 3	<b>ATTACK</b> Paula J 60mins Hall 3
11:15	<b>YOGA</b> Anne 60mins Studio 2	<b>PILATES</b> Roisin 60mins Studio 2	<b>YOGA</b> Tom 60mins Studio 2				
11:30		<b>AQUA FIT</b> Claire 45mins Main Pool		<b>AQUA FIT</b> Chelsea 45mins Main Pool		<b>PILATES</b> Tracy 60mins Studio 2	<b>YOGA</b> Anne 60mins Studio 2
12:00						<b>ZUMBA</b> Karina 60mins Hall 3	
12:15	<b>GROUP CYCLE</b> Virtual 30mins Cycle Studio		<b>GROUP CYCLE</b> Virtual 30mins Cycle Studio		<b>GROUP CYCLE</b> Virtual 30mins Cycle Studio		
12:45							
13:00						<b>GROUP CYCLE</b> Virtual 30mins Cycle Studio	<b>GROUP CYCLE</b> Virtual 30mins Cycle Studio
14:00		<b>GROUP CYCLE</b> Virtual 30mins Cycle Studio	<b>AQUA FIT</b> Claire 45mins Main Pool	<b>GROUP CYCLE</b> Virtual 30mins Cycle Studio			
16:30		<b>GROUP CYCLE</b> Virtual 30mins Cycle Studio		<b>GROUP CYCLE</b> Virtual 30mins Cycle Studio			

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
17.15	<b>MORE DANCE (J)</b> <b>(4-7yr olds)</b> Cherie 45mins Training Room							
17.30	<b>COMBAT</b> Emma M 45mins Hall 3	<b>GROUP CYCLE</b> Paula J 45mins Cycle Studio	<b>GROUP CYCLE</b> Elaine 30mins Cycle Studio	<b>GROUP CYCLE</b> Paula J 45mins Cycle Studio	<b>GROUP CYCLE</b> Ruby 45mins Cycle Studio			
	<b>GROUP CYCLE</b> June 30mins Cycle Studio							
17.45	<b>PILATES</b> Tracy 60mins Studio 2		<b>COMBAT</b> Paula J 60mins Hall 3		<b>PUMP</b> Tracy 45mins Hall 3			
18.00	<b>GROUP CYCLE</b> June 60mins Cycle Studio	<b>Hiit STEP</b> June 30mins Hall 3	<b>GROUP CYCLE</b> Nicky 45mins Cycle Studio	<b>PUMP</b> June 30mins Hall 3				
	<b>MORE DANCE (J)</b> <b>(8-12yr olds)</b> Cherie 45mins Training Room							
		<b>YOGA</b> Jaynie 60mins Studio 2						
		<b>MORE MIND*</b> Arlene 60mins Hall 2						
18.30	<b>PUMP</b> Emma M 45mins Hall 3	<b>GROUP CYCLE</b> June 45mins Cycle Studio	<b>PILATES</b> Tracy 60mins Studio 2	<b>GROUP CYCLE</b> Virtual 45mins Cycle Studio				

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
18.45		<b>ATTACK</b> Paula J 60mins Hall 3					
19.00	<b>PILATES</b> Tracy 60mins Studio 2		<b>GROUP CYCLE</b> Paula J 45mins Cycle Studio <b>PUMP</b> Elaine 60mins Hall 3	<b>YOGA</b> Anne 60mins Studio 2 <b>PUMP</b> Jenny 45mins Hall 3			
19.15		<b>YOGA</b> Tom 60mins Studio 2					
19.30	<b>GROUP CYCLE</b> Virtual 45mins Cycle Studio <b>COMBAT</b> Naomi 60mins Hall 3	<b>GROUP CYCLE</b> Ruby 45mins Cycle Studio					
19.45	<b>ZUMBA</b> Paula J 60mins Main Hall			<b>ZUMBA</b> Paula J 60mins Main Hall			
20.15		<b>ZUMBA</b> JD 45mins Hall 3	<b>ZUMBA</b> Joy 45mins Hall 3				

**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**

**\*MORE Movement for your Mind**