

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09:15		CIRCUITS Naomi 45mins Sports Hall					
09:30	ZUMBA Lucy 45mins Sports Hall				MORE DANCE (1-4 year olds) Rebecca 45mins Conference Suite		
10:00				YOGA Jonathan 60mins Conference Suite		INDOOR CYCLE Gary 45mins Group Cycle Studio	
10:15		STEADY AND STRONG Naomi 60mins Conference Suite					
11:00			PILATES Jonathan 60mins Conference Suite				

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11:15		PILATES Jonathan 60mins Conference Suite					
12:00							KETTLEBELLS Amy 45mins Conference Suite
17:00		MORE MOVEMENT Karen 60mins Group Cycle Studio					
17:15	INDOOR CYCLE Gary 45mins Group Cycle Studio						
17:30					CIRCUITS Tiernan 45mins Sports Hall		
17:45				PILATES Jonathan 45mins Conference Suite			

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
18:00	<p>PILATES Jonathan 60mins Conference Suite</p>	<p>INDOOR CYCLE Jonathan 45mins Group Cycle Studio</p> <p>BOXFIT Tiernan 45mins Sports Hall</p> <p>YOGA Niamh 60mins Conference Suite</p>	<p>INDOOR CYCLE Tiernan 60mins Group Cycle Studio</p>	<p>BOXFIT Tiernan 45mins Group Cycle Studio</p>			
18:15	<p>CIRCUITS Gary 45mins Pitch 1A</p>				<p>INDOOR CYCLE Tiernan 45mins Group Cycle Studio</p>		
19:00		<p>PUMP Jonathan 45mins Conference Suite</p>	<p>KETTLEBELLS Amy 45mins Sports Hall</p> <p>ZUMBA Laura 60mins Conference Suite</p>				

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.