

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
09.30	AEROBICS Andrea 60 mins Studio 2		HiIT STRENGTH Fitness Consultant 30 mins Gym	ZUMBA Annabella 60 mins Studio 2	
10.00		YOGA Andrea 60 mins Doagh Room			YOGA Jayne 60 mins Doagh Room
12.30		HiIT STRENGTH Andrea 30 mins Gym			
17.45	INDOOR CYCLE Jenny 45 mins Studio 1	PUMP Jenny 45 mins Studio 2			
18.00			YOGA Catherine 60 mins Doagh Room		
18.30	PUMP Jenny 30 mins Studio 2	INDOOR CYCLE Jenny 45 mins Studio 1	KETTLEBELLS Darren 30 mins Studio 2		
19.00	YOGA Anne 60 mins Doagh Room			KETTLEBELLS Darren 30 mins Studio 2	
19.15	INDOOR CYCLE June 45 mins Studio 1			INDOOR CYCLE June 45 mins Studio 1	

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
19.30		YOGA Anne 60 mins Doagh Room			
19.45					
20.00	CORE June 30 mins Studio 1				

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