

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09.15		<p><b>STEADY AND STRONG</b> Ariene 60mins Studios</p> <p><b>PILATES</b> Kirsty 60mins Doagh Room</p>					
09.30	<p><b>ZUMBA</b> Anabella 60mins Studios</p>		<p><b>Hiit STRENGTH</b> Ariene 30mins Gym</p>	<p><b>ZUMBA</b> Anabella 60mins Studios</p>	<p><b>ATTACK</b> Emma 60mins Studios</p>	<p><b>GROUP CYCLE</b> June 45mins Studios</p>	
	<p><b>GROUP CYCLE</b> Virtual 45mins Studios</p>	<p><b>GROUP CYCLE</b> Virtual 45mins Studios</p>		<p><b>GROUP CYCLE</b> Emma 45mins Studios</p>	<p><b>GROUP CYCLE</b> Virtual 45mins Studios</p>		<p><b>GROUP CYCLE</b> Virtual 45mins Studios</p>
10.00					<p><b>YOGA</b> Jayne 60mins Doagh Room</p>		
10.15		<p><b>STEADY AND STRONG</b> Ariene 60mins Studios</p>	<p><b>GROUP CYCLE</b> Virtual 45mins Studios</p>			<p><b>COMBAT</b> June 45mins Studios</p>	

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10.30		<b>YOGA</b> Catherine 60mins Doagh Room	<b>STEADY AND STRONG</b> Ariene 60mins Studios	<b>CORE</b> Emma 30mins Studios	<b>Hiit STRENGTH</b> Emma 30mins Studios		
		<b>Hiit STRENGTH RIG</b> Kirsty 30mins Gym					
10.45	<b>Hiit STRENGTH</b> Kirsty 30mins Gym						
11.00					<b>LIVE LONG</b> Ariene 120mins Studios/ Driving Range	<b>GROUP CYCLE</b> Virtual 45mins Studios	<b>GROUP CYCLE</b> Virtual 45mins Studios
						<b>Hiit STRENGTH RIG</b> Emma 30mins Gym	
11.30			<b>PILATES</b> Maria 60mins Doagh Room				

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12.30	<b>GROUP CYCLE</b> Paula 45mins Studios	<b>GROUP CYCLE</b> Virtual 45mins Studios	<b>GROUP CYCLE</b> Virtual 45mins Studios  <b>CORE</b> Maria 30mins Studios	<b>GROUP CYCLE</b> Virtual 45mins Studios	<b>GROUP CYCLE</b> Virtual 45mins Studios		
17.00	<b>GROUP CYCLE</b> Virtual 30mins Studios	<b>GROUP CYCLE</b> Virtual 30mins Studios	<b>GROUP CYCLE</b> Virtual 30mins Studios	<b>GROUP CYCLE</b> Virtual 30mins Studios	<b>GROUP CYCLE</b> Virtual 30mins Studios		
17.30			<b>COMBAT</b> June 45mins Studios				
17.45	<b>GROUP CYCLE</b> Jenny 45mins Studios	<b>PUMP</b> Jenny 45mins Studios					
18.00	<b>MORE MIND*</b> Arlene 60mins Doagh Room	<b>LOWER BACK MANAGEMENT</b> Andrea 60mins Doagh Room	<b>YOGA</b> Catherine 60mins Doagh Room  <b>GROUP CYCLE</b> Stevie 45mins Studios	<b>GROUP CYCLE</b> Nikki 45mins Studios  <b>YOGA</b> Andy 60mins Doagh Room			

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
18.30	<b>PUMP</b> Jenny 45mins Studios	<b>GROUP CYCLE</b> Jenny 45mins Studios					
18.45			<b>KETTLEBELLS</b> Daren 30mins Studios				
19.00	<b>YOGA</b> Anne 60mins Doagh Room			<b>KETTLEBELLS</b> Daren 30mins Studios			
19.15	<b>GROUP CYCLE</b> Paula 45mins Studios		<b>YOGA</b> Catherine 60mins Doagh Room				
19.30	<b>CIRCUITS</b> Daren 30mins Studios	<b>YOGA</b> Anne 60mins Doagh Room					
20.00	<b>CORE</b> Leah 30mins Studios						

**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**