

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06.10	Hiit STEP June 30mins Sports Hall	PUMP June 30mins Sports Hall	Hiit STEP June 30mins Sports Hall	CORE STRENGTH June 30mins Sports Hall	PUMP June 30mins Sports Hall		
06.45	INDOOR CYCLE June 45mins Hall 1	INDOOR CYCLE June 45mins Hall 1	INDOOR CYCLE June 45mins Hall 1	INDOOR CYCLE June 45mins Hall 1	INDOOR CYCLE June 45mins Hall 1		
7.00	CIRCUITS David 30mins Hall 3	CIRCUITS David 30mins Hall 3	CIRCUITS David 30mins Hall 3	CIRCUITS David 30mins Hall 3			
09.30	ATTACK Paula J 60mins Sports Hall	COMBAT David Donaghy 60mins Sports Hall	ZUMBA Paula J 60mins Sports Hall	COMBAT Paula J 60mins Sports Hall	INDOOR CYCLE Nicky 45mins Hall 1	COMBAT David 60mins Sports Hall	
10.00	YOGA Hazel 60mins Hall 3	PILATES Roisin 60mins Hall 3	YOGA Hazel 60mins Hall 3	PILATES Roisin 60mins Hall 3		INDOOR CYCLE Nicky 45mins Hall 1	INDOOR CYCLE Paula J 45mins Hall 1
10.45	AEROBICS (S) Mandy M 60mins Sports Hall	PUMP David Donaghy 60mins Sports Hall	AEROBICS (S) Andrea 60mins Sports Hall	STEP Paula J 60mins Sports Hall	PUMP David 45mins Sports Hall	Hiit STEP Nicky 30mins Sports Hall	ATTACK Paula J 60mins Sports Hall
11.30						PILATES Karen 60mins Hall 3	YOGA Anne 60mins Hall 3
17.30	COMBAT David 45mins Sports Hall	INDOOR CYCLE Paula J 45mins Hall 1		INDOOR CYCLE Paula J 45mins Hall 1	INDOOR CYCLE Jenny 45mins Hall 1		

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
17.45			COMBAT Paula J 60mins Sports Hall		PUMP June 60mins Sports Hall		
18.00	INDOOR CYCLE June 45mins Hall 1	HiIT STEP June 30mins Sports Hall	INDOOR CYCLE Nicky 45mins Hall 1	COMBAT June 60mins Sports Hall			
18.30	PUMP David 45mins Sports Hall	INDOOR CYCLE June 45mins Hall 1	PILATES Emily 60mins Hall 3	INDOOR CYCLE Jenny 45mins Hall 1			
19.00	PILATES Andrea 60mins Hall 3	ATTACK Paula J 60mins Sports Hall	INDOOR CYCLE Nicky 45mins Hall 1	YOGA Anne 60mins Hall 3			
19.30	INDOOR CYCLE June 45mins Hall 1	YOGA Hazel 60mins Hall 3	PUMP David 60mins Sports Hall				
19.45	ZUMBA Paula J 60mins Sports Hall			ZUMBA Paula J 60mins Sports Hall			

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