

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09.30	CIRCUITS Tiernan 45mins Sports Hall	INDOOR CYCLE Stephen 45mins Sports Hall	PUMP Stephen 45mins Sports Hall		KETTLEBELLS Gary 45mins Sports Hall	HiIT CARDIO Naomi 30mins Sports Hall	
10.00				YOGA Andrea 60mins Sports Hall			INDOOR CYCLE CARDIO Mark 45mins Sports Hall
11.00			PILATES Jonathan 60mins Sports Hall			CIRCUITS Gary/Tiernan 45mins Sports Hall	HiIT STRENGTH Stephen 30mins Sports Hall
17.00							
17.15	INDOOR CYCLE Mark 45mins Sports Hall				HiIT STRENGTH Joanne Hood 45mins Sports Hall		
17.45		INDOOR CYCLE Joanathan 45mins Sports Hall					

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
18.15	KETTLEBELLS Gary 45mins Sports Hall		INDOOR CYCLE Mark 45mins Sports Hall	ATTACK Joanne Hood 60mins Sports Hall	INDOOR CYCLE Mark 45mins Sports Hall		
18.45		COMBAT Joanthan 45mins Sports Hall					
19.15	YOGA Tara 60mins Sports Hall						
19.30				PILATES Joanne Hood 60mins Sports Hall	CIRCUITS Tiernan 45mins Sports Hall		
19.45		PILATES Andrea 60mins Sports Hall	ZUMBA Jenny 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