

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06.10	HIIT STEP Roisin 30mins Hall 3	PUMP June 30mins Hall 3	HIIT STRENGTH June 30mins Hall 3	CORE June 30mins Hall 3	PUMP June 30mins Hall 3		
06.45	GROUP CYCLE Roisin 45mins Dance Studio	GROUP CYCLE June 45mins Dance Studio	GROUP CYCLE June 45mins Dance Studio	GROUP CYCLE June 45mins Dance Studio	GROUP CYCLE June 45mins Dance Studio		
07.00		CIRCUITS Emma M 30mins Hall 3		CIRCUITS Emma M 30mins Hall 3			
08.15	GROUP CYCLE Virtual 30mins Cycle Studio		GROUP CYCLE Virtual 30mins Cycle Studio		GROUP CYCLE Virtual 30mins Cycle Studio	COMBAT Emma M 60mins Hall 3	
09.30	ATTACK Paula J 60mins Hall 3	COMBAT Emma M 60mins Hall 3	ZUMBA Paula J 60mins Sports Hall	COMBAT Paula J 60mins Hall 3	GROUP CYCLE Nicky 45mins Dance Studio	COMBAT Emma M 60mins Hall 3	COMBAT Naomi 60mins Hall 3
		GROUP CYCLE Nicky 45mins Dance Studio			STEP Paula J 60mins Hall 3		
10.00	YOGA Anne 60mins Studio 2	PILATES Roisin 60mins Studio 2	YOGA Amy 60mins Studio 2	PILATES Roisin 60mins Studio 2	YOGA Anne 60mins Studio 2	GROUP CYCLE Nicky 45mins Dance Studio	GROUP CYCLE Paula J 45mins Dance Studio
10.30	AEROBICS (S) Joy 60mins Sports Hall	LIVE LONG Colin 120mins Sports Hall PUMP Emma M 45mins Hall 3	AEROBICS (S) Claire 60mins Sports Hall	CORE Paula 30mins Hall 3	CORE Paula 30mins Hall 3	PILATES Tracy 60mins Studio 1	

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10:45						HIIT STEP Nicky 30mins Hall 3	ATTACK Paula J 60mins Hall 3
11:15	YOGA Anne 60mins Studio 2	PILATES Roisin 60mins Studio 2	YOGA Hazel 60mins Studio 2				
11:30		AQUA FIT Claire 45mins Main Pool		AQUA FIT Chelsea 45mins Main Pool		ZUMBA JD 60mins Hall 3	YOGA Anne 60mins Studio 2
						PILATES Tracy 60mins Studio 2	
12:15	GROUP CYCLE Virtual 30mins Cycle Studio		GROUP CYCLE Virtual 30mins Cycle Studio		GROUP CYCLE Virtual 30mins Cycle Studio		
12:45						ZUMBA Karina 60mins Hall 3	
13:00						GROUP CYCLE Virtual 30mins Cycle Studio	GROUP CYCLE Virtual 30mins Cycle Studio
14:00			AQUA FIT Claire 45mins Main Pool				
17:00		GROUP CYCLE Virtual 30mins Cycle Studio		GROUP CYCLE Virtual 30mins Cycle Studio			

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17.15	MORE DANCE (J) (4-7yr olds) Cherie 45mins Training Room						
17.30	COMBAT Emma M 45mins Hall 3	GROUP CYCLE Paula J 45mins Dance Studio	GROUP CYCLE Elaine 30mins Dance Studio	GROUP CYCLE Paula J 45mins Dance Studio	GROUP CYCLE Ruby 45mins Dance Studio		
	GROUP CYCLE June 30mins Dance Studio						
17.45	PILATES Tracy 60mins Studio 2		COMBAT Paula J 60mins Hall 3		PUMP Tracy 45mins Hall 3		
18.00	GROUP CYCLE June 60mins Dance Studio	HiIT STEP June 30mins Hall 3	GROUP CYCLE Nicky 45mins Dance Studio	PUMP June 30mins Hall 3			
	MORE DANCE (J) (8-12yr olds) Cherie 45mins Training Room	YOGA Hazel 60mins Studio 2					
		MORE MIND* Arlene 60mins Hall 2					
18.30	PUMP Emma M 45mins Hall 3	GROUP CYCLE June 45mins Dance Studio	PILATES Tracy 60mins Studio 2	GROUP CYCLE Virtual 45mins Dance Studio			

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19.00	PILATES Tracy 60mins Studio 2	ATTACK Paula J 60mins Hall 3	GROUP CYCLE Paula J 45mins Dance Studio	YOGA Anne 60mins Studio 2			
			PUMP Elaine 60mins Hall 3	PUMP Jenny 45mins Hall 3			
19.15		YOGA Hazel 60mins Studio 2					
19.30	GROUP CYCLE Nikki 45mins Dance Studio	GROUP CYCLE Ruby 45mins Dance Studio					
	COMBAT Naomi 60mins Hall 3						
19.45	ZUMBA Paula J 60mins Main Hall			ZUMBA Paula J 60mins Main Hall			
20.15		ZUMBA JD 45mins Hall 3	ZUMBA Joy 45mins Hall 3				

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**