

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09.30		INDOOR CYCLE CARDIO Stephen 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				
17.15	INDOOR CYCLE Mark 45mins Sports Hall			Hiit STRENGTH Joanne 45mins Sports Hall			
17.45		INDOOR CYCLE Joanathan 45mins Sports Hall					
18.15			INDOOR CYCLE Mark 45mins Sports Hall	BEAT ATTACK Joanne Hood 60mins Sports Hall		INDOOR CYCLE Mark 45mins Sports Hall	
18.45		BEAT COMBAT Joanathan 45mins Sports Hall					

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
19.15	<p>YOGA Tara 60mins Sports Hall</p>						
19.30			<p>BEAT ZUMBA Jenny 60mins Sports Hall</p>	<p>PILATES Joanne Hood 60mins Sports Hall</p>			
19.45		<p>PILATES Andrea 60mins Sports Hall</p>					

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