

|       | MONDAY   | TUESDAY   | WEDNESDAY                                    | THURSDAY  | FRIDAY   | SATURDAY   | SUNDAY  |
|-------|--|---|--|---|--|--|---|
| 09:15 |  | <b>CIRCUITS</b><br>Naomi<br>45mins<br>Sports Hall               |  |   |  |  |   |
| 09:30 | <b>ZUMBA</b><br>Lucy<br>45mins<br>Sports Hall          | <b>INDOOR CYCLE</b><br>Stephen<br>45mins<br>Spin Studio         | <b>PUMP</b><br>Gary<br>45mins<br>Sports Hall |   | <b>MORE PLAY</b><br>Gary<br>45mins<br>Conference Suite |  | <b>HIIT STRENGTH</b><br>Steven<br>30mins<br>Sports Hall |
|       | <b>MORE PLAY</b><br>Gary<br>45mins<br>Conference Suite |   |  |   | <b>LIVE LONG</b><br>Karen<br>120mins<br>Sports Hall    |  |   |
| 10:00 |  |   |  | <b>YOGA</b><br>Jonathan<br>60mins<br>Conference Suite |  |  |   |
| 10:15 |  | <b>STEADY AND STRONG</b><br>Naomi<br>60mins<br>Conference Suite |  |   |  |  |   |
| 10:30 |  |   |  |   |  | <b>INDOOR CYCLE</b><br>Gary<br>45mins<br>Spin Studio | <b>INDOOR CYCLE</b><br>Steven<br>45mins<br>Spin Studio  |

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|-------|--|--|--|--|---|----------|--------|
| 11:00 |  |  | <b>PILATES</b><br>Jonathan<br>60mins<br>Conference Suite |  |   |          |        |
| 12:30 | <b>BOXERCISE</b><br>Joanne<br>45mins<br>Spin Studio      |  |  |  |   |          |        |
| 17:15 | <b>INDOOR CYCLE</b><br>Gary<br>45mins<br>Spin Studio     |  | <b>INDOOR CYCLE</b><br>Gary<br>45mins<br>Spin Studio     |  |   |          |        |
| 17:30 |  |  |  |  | <b>CIRCUITS</b><br>Tiernan<br>45mins<br>Sports Hall     |          |        |
| 18:00 | <b>PILATES</b><br>Jonathan<br>60mins<br>Conference Suite | <b>INDOOR CYCLE</b><br>Jonathan<br>45mins<br>Spin Studio | <b>INDOOR CYCLE</b><br>Gary<br>45mins<br>Spin Studio     | <b>PILATES</b><br>Jo Ann<br>60mins<br>Conference Suite |   |          |        |
| 18:15 | <b>KETTLEBELLS</b><br>Gary<br>45mins<br>Sports Hall      |  |  |  | <b>INDOOR CYCLE</b><br>Tiernan<br>45mins<br>Spin Studio |          |        |

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| 18:45 |  |   |  | <b>BOXFIT</b><br>Tiernan<br>45mins<br>Spin Studio    |        |          |        |
| 19:00 |  | <b>HIIT STRENGTH</b><br>Jonathan<br>30mins<br>Sports Hall | <b>KETTLEBELLS</b><br>Amy<br>45mins<br>Sports Hall | <b>INDOOR CYCLE</b><br>Gary<br>45mins<br>Spin Studio |        |          |        |
| 19:45 |  |   | <b>ZUMBA</b><br>Laura<br>45mins<br>Sports Hall     |  |        |          |        |
| 20:00 | <b>YOGA</b><br>Jayne<br>60mins<br>Conference Suite |   |  |  |        |          |        |

### **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.