

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
17.45		INDOOR CYCLE Jonathan 45mins Sports Hall					
18.15	KETTLEBELLS Gary 45mins Sports Hall		INDOOR CYCLE Mark 45mins Sports Hall	ATTACK Joanne Hood 60mins Sports Hall	INDOOR CYCLE Tiernan 45mins Sports Hall		
18.45		COMBAT Jonathan 45mins Sports Hall					
19.15	YOGA Elaine 60mins Sports Hall				CIRCUITS Tiernan 45mins Sports Hall		
19.30				PILATES Joanne Hood 60mins Sports Hall			
19.45		PILATES Jonathan 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