

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06.30	<b>GROUP CYCLE</b> Stephen 45mins Group Cycle Studio	<b>GROUP CYCLE</b> Tara 45mins Group Cycle Studio	<b>GROUP CYCLE</b> Virtual 45mins Group Cycle Studio	<b>GROUP CYCLE</b> Virtual 45mins Group Cycle Studio	<b>GROUP CYCLE</b> Virtual 45mins Group Cycle Studio  <b>PUMP</b> Paula 45min Sports Hall		
07.00			<b>YOGA</b> Mandy 60mins Riverside Room				
09.30	<b>GROUP CYCLE</b> Tara 45mins Group Cycle Studio  <b>AEROBICS (S)</b> Jacquie 60mins Sports Hall	<b>GROUP CYCLE</b> Virtual 45mins Group Cycle Studio  <b>ZUMBA</b> Paula 60mins Fitness Studio	<b>GROUP CYCLE</b> Elaine 45mins Group Cycle Studio	<b>GROUP CYCLE</b> Virtual 45mins Group Cycle Studio  <b>AEROBICS (S)</b> Jacquie 60mins Sports Hall	<b>GROUP CYCLE</b> Stephen 45mins Group Cycle Studio	<b>PUMP</b> Paula 60min Sports Hall	<b>GROUP CYCLE</b> Virtual 45mins Group Cycle Studio
10.00		<b>CORE STRENGTH</b> Paula 30min Sports Hall					
10.30						<b>GROUP CYCLE</b> Jennifer 45mins Group Cycle Studio	<b>GROUP CYCLE</b> Jennifer 45mins Group Cycle Studio
10.45	<b>LIVE LONG (S)</b> 120mins Sports Hall			<b>LIVE LONG (S)</b> 120mins Sports Hall			

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11.30					<b>YOGA</b> Jayne 60mins Riverside Room		
12.00		<b>YOGA</b> Catherine 60mins Riverside Room					
12.30	<b>GROUP CYCLE</b> Virtual 60mins Group Cycle Studio	<b>GROUP CYCLE</b> Virtual 60mins Group Cycle Studio	<b>GROUP CYCLE</b> Virtual 45mins Group Cycle Studio				
			<b>CIRCUITS</b> Marty 45mins Sports Hall		<b>KETTLEBELLS</b> Paula 60mins Sports Hall		
			<b>PILATES</b> Jo 60mins Riverside Room				
17.00				<b>PUMP</b> Paula 45mins Sports Hall	<b>GROUP CYCLE</b> Stephen 45mins Group Cycle Studio		
17.30	<b>KETTLEBELLS</b> Marty 30mins Sports Hall	<b>PILATES</b> Natalie 60mins Riverside Room	<b>Hiit STEP</b> Tara 30mins Sports Hall				

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17.45		<b>CIRCUITS</b> Marty 45mins Sports Hall					
18.00	<b>GROUP CYCLE</b> Jennifer 45mins Group Cycle Studio  <b>PILATES</b> Helen 60mins Riverside Room	<b>GROUP CYCLE</b> Tara 45mins Group Cycle Studio	<b>BOXFIT</b> Jennifer 45mins Balcony Room	<b>GROUP CYCLE</b> Paula 45mins Group Cycle Studio	<b>GROUP CYCLE</b> Jennifer 45mins Group Cycle Studio  <b>HITT STRENGTH</b> Marty 30mins Sports Hall		
18.15			<b>GROUP CYCLE</b> Tara 45mins Group Cycle Studio				
18.30			<b>PILATES</b> Karen 60mins Riverside Room				
18.45	<b>GROUP CYCLE</b> Vicki 45mins Group Cycle Studio	<b>YOGA</b> Catherine 60mins Riverside Room  <b>COMBAT</b> Naomi 30mins Riverside Room	<b>ZUMBA</b> Annabella 45mins Group Cycle Studio				
19.00				<b>YOGA</b> Mandy 60mins Riverside Room			
19.15	<b>PILATES</b> Helen 60mins Riverside Room						

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
19.45	<b>GROUP CYCLE</b> Virtual 60mins Group Cycle Studio	<b>GROUP CYCLE</b> Virtual 60mins Group Cycle Studio	<b>GROUP CYCLE</b> Virtual 45mins Group Cycle Studio  <b>PILATES</b> Karen 60mins Riverside Room	<b>GROUP CYCLE</b> Virtual 60mins Group Cycle Studio	<b>GROUP CYCLE</b> Virtual 60mins Group Cycle Studio		
20.00				<b>AQUAFIT</b> Emily 45mins Swimming Pool			
20.15				<b>YOGA</b> Mandy 60mins Riverside Room			

### 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