

MORNING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06.10	Hiit STEP June 30mins Sports Hall	PUMP June 30mins Sports Hall	Hiit STEP June 30mins Sports Hall	CORE STRENGTH June 30mins Sports Hall	PUMP June 30mins Sports Hall		
06.45	INDOOR CYCLE June 45mins Hall 1	INDOOR CYCLE June 45mins Hall 1	INDOOR CYCLE June 45mins Sports Hall	INDOOR CYCLE SPRINT June 45mins Hall 1	INDOOR CYCLE June 45mins Hall 1		
09.30	BEAT ATTACK Paula J 60mins Sports Hall	PUMP Jenny 60mins Sports Hall	BEAT ZUMBA Paula 60mins Sports Hall	BEAT COMBAT Paula J 60mins Sports Hall	INDOOR CYCLE Nicky 45mins Hall 1		INDOOR CYCLE Paula 45mins Hall 1
10.00				PILATES Roisin 60mins Hall 3		INDOOR CYCLE Nicky 45mins Hall 1	
10.45	BEAT AEROBICS (S) Mandy 60mins Sports Hall	PILATES Roisin 60mins Hall 3	BEAT AEROBICS (S) Andrea 60mins Sports Hall	BEAT AEROBICS (S) Lisa 60mins Sports Hall	PUMP David 45mins Sports Hall	Hiit STEP Nicky 30mins Sports Hall	BEAT ATTACK Paula J 60mins Sports Hall
11.30		BEAT AEROBICS (S) Lisa 60mins Sports Hall				PILATES Roisin 60mins Hall 3	YOGA Andrea 60mins Hall 3

EVENING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
17.30	BEAT COMBAT David 45mins Sports Hall	INDOOR CYCLE Paula 45mins Hall 1			INDOOR CYCLE Jenny 45mins Hall 1		
17.45			BEAT COMBAT Paula 60mins Sports Hall		HiIT STRENGTH Andrea 30mins Sports Hall		
18.00	INDOOR CYCLE June 45mins Hall 1	HiIT STEP June 30mins Sports Hall	INDOOR CYCLE Nicky 45mins Hall 1	BEAT COMBAT (Tai Fit) June 60mins Sports Hall			
18.30	PUMP David 45mins Sports Hall	INDOOR CYCLE June 45mins Hall 1	PILATES Emily 60mins Hall 3	INDOOR CYCLE Jenny 45mins Hall 1			
19.00	PILATES Andrea 60mins Hall 3	BEAT ATTACK Paula J 60mins Sports Hall	HiIT STRENGTH Nicky 30mins Sports Hall	YOGA Andrea 60mins Hall 3			
19.45	BEAT ZUMBA Paula J 60mins Sports Hall			BEAT ZUMBA Paula J 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