

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09.00		ZUMBA Collette 45mins Sports Hall					
09.15							HiIT STRENGTH Stephen 30mins Sports Hall
09.30	CIRCUITS Tiernan 45mins Sports Hall	INDOOR CYCLE Stephen 45mins Spin Studio	PUMP Stephen 45mins Sports Hall		KETTLEBELLS Gary 45mins Sports Hall	CIRCUITS Gary 45mins Sports Hall	
10.00		YOGA Charlotte 45mins Conference Suite		YOGA Charlotte 60mins Conference Suite			INDOOR CYCLE Stephen 45mins Spin Studio
10.30	LIVE LONG Colin 120mins Sports Hall						
11.00			PILATES Jonathan 60mins Conference Suite			HiIT CARDIO Naomi 30mins Sports Hall	
17.15	INDOOR CYCLE Tiernan 45mins Spin Studio			HiIT STRENGTH Joanne Hood 45mins Sports Hall			

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
18.00		INDOOR CYCLE Jonathan 45mins Spin Studio	INDOOR CYCLE Tiernan 45mins Spin Studio		INDOOR CYCLE Tiernan 45mins Spin Studio		
18.15	KETTLEBELLS Gary 45mins Sports Hall			PILATES Joanne Hood 60mins Sports Hall			
18.45							
19.00		COMBAT Jonathan 45mins Sports Hall			CIRCUITS Tiernan 45mins Sports Hall		
19.15	YOGA Elaine 60mins Conference Suite		YOGA Jayne 60mins Conference Suite				
19.45			ZUMBA Jenny 60mins Sports Hall				
20.00		PILATES Jonathan 60mins 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.

(J) MORE Junior Class

(S) MORE Senior Class