

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06.10	HiIT STEP Emma M 30mins Hall 3	PUMP June 30mins Hall 3	HiIT STEP June 30mins Hall 3	CORE June 30mins Hall 3	PUMP June 30mins Hall 3		
06.45	INDOOR CYCLE Emma M 45mins Dance Studio	INDOOR CYCLE June 45mins Dance Studio	INDOOR CYCLE June 45mins Dance Studio	INDOOR CYCLE June 45mins Dance Studio	INDOOR CYCLE June 45mins Dance Studio		
07.00		CIRCUITS Emma M 30mins Hall 3		CIRCUITS Emma M 30mins Hall 3			
09.30	ATTACK Paula J 60mins Hall 3	COMBAT Emma M 60mins Hall 3	ZUMBA Paula J 60mins Sports Hall	COMBAT Paula J 60mins Hall 3	INDOOR CYCLE Nicky 45mins Dance Studio	COMBAT Emma M 60mins Hall 3	
		INDOOR CYCLE Nicky 60mins Dance Studio			STEP Paula J 60mins Hall 3		
10.00	YOGA Hazel 60mins Studio 2	PILATES Roisin 60mins Studio 2	YOGA Hazel 60mins Studio 2	PILATES Roisin 60mins Studio 2	YOGA Anne 60mins Studio 2	INDOOR CYCLE Nicky 45mins Dance Studio	INDOOR CYCLE Paula J 45mins Dance Studio
10.30		LIVE LONG Colin 120mins Sports Hall			CORE Paula J 30mins Hall 3		
10.45	AEROBICS (S) Mandy M 60mins Sports Hall	PUMP Emma M 60mins Hall 3	AEROBICS (S) Andrea 60mins Sports Hall	CORE Paula 30mins Hall 3		HiIT STEP Nicky 30mins Hall 3	ATTACK Paula J 60mins Hall 3

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11.15	YOGA Hazel 60mins Studio 2						
11.30		AQUA FIT Roisin 45mins Main Pool	TAI CHI Jack Larmour 90mins Studio 2	AQUA FIT Roisin 45mins Main Pool		ZUMBA JD 60mins Hall 3	YOGA Anne 60mins Studio 2
						PILATES Karen 60mins Studio 2	
17.30	COMBAT Emma M 60mins Hall 3	INDOOR CYCLE Paula J 45mins Dance Studio		INDOOR CYCLE Paula J 45mins Dance Studio	INDOOR CYCLE Ruby 45mins Dance Studio		
	RIG CLASS Fitness Consultant 30mins Gym Rig	RIG CLASS Fitness Consultant 30mins Gym Rig	RIG CLASS Fitness Consultant 30mins Gym Rig				
17.45	PILATES Andrea 60mins Studio 2		COMBAT Paula J 60mins Hall 3		PUMP June 60mins Hall 3		
18.00	INDOOR CYCLE June 60mins Dance Studio	HIIT STEP June 30mins Hall 3	INDOOR CYCLE Nicky 45mins Dance Studio	PUMP June 45mins Hall 3			

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
18.30	PUMP Emma M 60mins Hall 3	INDOOR CYCLE June 45mins Dance Studio	PILATES Emily 60mins Studio 2	INDOOR CYCLE Jenny 45mins Dance Studio			
19.00	PILATES Andrea 60mins Studio 2	ATTACK Paula J 60mins Hall 3	INDOOR CYCLE Paula J 45mins Dance Studio	YOGA Anne 60mins Studio 2			
19.30	INDOOR CYCLE Emma M 45mins Dance Studio	YOGA Hazel 60mins Studio 2	PUMP Emma M 60mins Hall 3	ZUMBA Paula J 45mins Hall 3			
	ZUMBA Paula J 45mins Hall 3						
20.15	ZUMBA Paula J 45mins Hall 3	ZUMBA Karina 45mins Hall 3	ZUMBA Andrea 45mins Hall 3	ZUMBA Karina 45mins Hall 3			

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