

# CLASSES

7TH FEBRUARY - 12TH JUNE 2022

| MONDAY             |       |               | THURSDAY               |       |               |
|--------------------|-------|---------------|------------------------|-------|---------------|
| Pilates            | 11:00 | with Sioux    | Spin                   | 08:05 | with KariAnne |
| Spin               | 17:30 | with Harrison | Spin                   | 17:10 | with Jessie   |
| Yoga               | 18:00 | with Lucy     | Body Blitz             | 18:00 | with Jessie   |
| Aqua Aerobics      | 18:00 | with KariAnne | Legs, Bums & Abs       | 18:30 | with Andrea   |
| Ab Attack          | 18:30 | with Harrison | Spin                   | 19:00 | with KarAnne  |
| Body Blitz         | 19:00 | with Andrea   | Yoga                   | 19:30 | with Linzi    |
| Spin               | 19:10 | with Harrison | FRIDAY                 |       |               |
| Yoga               | 20:00 | with Tanya    | Yoga                   | 08:00 | with Linzi    |
| TUESDAY            |       |               | Pilates                | 18:00 | with Sioux    |
| Pilates            | 13:00 | with KariAnne | Yoga                   | 19:05 | with Tanya    |
| Spin               | 17:45 | with Lara     | SATURDAY               |       |               |
| Ab Attack          | 18:35 | with Lara     | Body Conditioning      | 09:00 | with Becky    |
| Yoga               | 19:10 | with Victoria | Swiss Ball/ Body Blitz | 10:00 | with Becky    |
| WEDNESDAY          |       |               | Pilates                | 11:00 | with Andrea   |
| Yoga Mixed Ability | 10:00 | with Olga     | SUNDAY                 |       |               |
| Pilates            | 11:00 | with Andrea   | Spin                   | 09:00 | with KariAnne |
| Spin               | 18:00 | with Becky    | Spin                   | 10:00 | with KariAnne |
| Yoga               | 18:55 | with Lucy     |                        |       |               |
| Yoga               | 19:45 | with Lucy     |                        |       |               |

ALL SESSIONS ARE INCLUDED IN OUR MEMBERSHIP  
 AND CAN BE BOOKED 7 DAYS IN ADVANCE.  
 NON MEMBERS CAN BOOK UP TO 48 HOURS IN  
 ADVANCE & PAY AS YOU GO. BOOK ONLINE.

