

Class Timetable



Monday

6:45 – 7:30am	Body Blast with Louise	Spin Room	12:15 – 12:45pm	Spinning with Louise	Spin Room	5:45 – 6:15pm	Monday Madness With Theo	Studio	6:30 – 7:15pm	Zumba with Sophie	Studio
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Tuesday

6:45 – 7:30am	Spinning with Louise	Spin Room	12:15 – 12:45pm	Body Blast with Louise	Studio	5:45 – 6:30pm	12 Rounds with Danny	Studio
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Wednesday

6:45 – 7:15am	HIIT With Nikki	Spin Room	12:15 – 12:45pm	Spinning with Stuart	Spin Room
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Thursday

6:45 – 7:15am	The Pain Train with Danny	Studio	12:15 – 12:45pm	S.M.B with Safa	Studio	5:30 – 6:15pm	Spinning with Louise	Trampoline Room
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Friday

6:30 – 7:15am	TGF Bootcamp with Theo	The MUGA	12:15 – 12:45pm	Spinning with Stuart	Spin Room
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Saturday

9.00 – 10:00am	Yoga with Charlotte	Trampoline Room
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