

Class Timetable



Monday

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

9:30am	Strength & Cardio	Studio	12:15pm	Spinning with Louise	Trampoline Room	5:30pm	Strength and Cardio with Nikki	Sports Hall
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Wednesday

6:45am	Spin With Theo	Trampoline Room	12:00pm	Barbell Blitz with Theo	Studio	7:00pm	Yoga	Studio
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Thursday

6:45am	HIIT with Theo	Studio	12:15pm	Circuits with Theo	Studio	5:30pm	Strength + Cardio with Nikki / Louise	Sports Hall
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Friday

6:45am	Kettlebells with Theo / Louise / Nikki	Studio	12:00pm	Kettlebells with Nikki / Louise / Theo	Studio	5:30pm	Kettlebells with Theo / Louise / Nikki	Studio
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Sunday

10:00am	Pick 'n' Mix with Theo / Louise / Nikki	Studio
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