

## MONDAY

Class Time	Duration	Class	Instructor
7:10 to 7:40	30 minutes	Bootcamp	Neil
7:50 to 8:20	30 minutes	HIIT	Neil
8:30 to 9:20	Closed	Closed	Closed
9:30 to 10:10	40 minutes	Blast Class	Neil
10:30 to 12:00		Gym Buddies	
12:10 to 12:40	30 minutes	Weights	Neil
12:50 to 13:20	30 minutes	HIIT	Neil
13:30 to 17:15	Closed	Closed	Closed
17:30 to 18:10	40 minutes	Weights	Neil
18:25 to 19:05	40 minutes	Bootcamp	Neil
19:20 to 20:00	40 minutes	Kettlebells	Neil

## TUESDAY

Class Time	Duration	Class	Instructor
6:10 to 6:50	40 minutes	Bootcamp	Julie
7:10 to 7:40	30 minutes	Weights	Julie
7:50 to 8:20	30 minutes	Abs Conditioning	Julie
8:30 to 9:20	Closed	Closed	Closed
9:30 to 10:10	40 minutes	Blast Class	Julie
10:30 to 12:00		Positive Futures	
12:10 to 12:40	30 minutes	Bootcamp	Neil
12:50 to 13:20	30 minutes	Kettlebells	Neil
13:30 to 17:15	Closed	Closed	Closed
17:30 to 18:10	40 minutes	HIRT	Neil
18:00 to 19:00		Live HIIT – Private Group	Sarah
18:25 to 19:05	40 minutes	Weights	Neil
19:15 to 20:00	45 minutes	Indoor Cycling	Sarah
19:20 to 20:00	40 minutes	Bootcamp	Neil

## WEDNESDAY

<b>Class Time</b>	<b>Duration</b>	<b>Class</b>	<b>Instructor</b>
7:10 to 7:40	30 minutes	Circuits	Amy
7:50 to 8:20	30 minutes	Weights	Amy
8:30 to 9:20	Closed	Closed	Closed
9:30 to 10:10	40 minutes	Blast Class	Amy
10:30 to 12:00		Gym Buddies	
12:10 to 12:40	30 minutes	Circuit	Amy
12:50 to 13:20	30 minutes	Indoor Cycling	Amy
13:30 to 17:15	Closed	Closed	Closed
17:30 to 18:10	40 minutes	Ride Circuits	Neil
18:25 to 19:05	40 minutes	HIRT	Neil
19:20 to 20:00	40 minutes	Bootcamp	Neil

## THURSDAY

Class Time	Duration	Class	Instructor
6:10 to 6:50	40 minutes	Bootcamp	Julie
7:10 to 7:40	30 minutes	Ride Circuits	Julie
7:50 to 8:20	30 minutes	Lower Body	Julie
8:30 to 9:20	Closed	Closed	Closed
9:30 to 10:10	40 minutes	Blast Class	Julie
10:30 to 12:00	Closed	Closed	Closed
12:10 to 12:40	30 minutes	HIIT	Neil
12:50 to 13:20	30 minutes	Bootcamp	Neil
13:30 to 15:00		Positive Futures	
15:00 to 17:15	Closed	Closed	Closed
17:30 to 18:10	40 minutes	Bootcamp	Neil
18:00 to 19:00		Live HIIT – Private Group	Sarah
18:25 to 19:05	40 minutes	Kettlebells	Neil
19:15 to 20:00	45 minutes	Indoor Cycling	Sarah
19:20 to 20:00	40 minutes	Swiss Ball Circuit	Neil

## FRIDAY

Class Time	Duration	Class	Instructor
7:10 to 7:40	30 minutes	Kettlebells	Neil
7:50 to 8:20	30 minutes	HIIT	Neil
8:30 to 9:20	Closed	Closed	Closed
9:30 to 10:10	40 minutes	Blast Class	Neil
10:30 to 12:00	Closed	Closed	Closed
12:10 to 12:40	30 minutes	Weights	Amy
12:50 to 13:20	30 minutes	Core	Amy
13:30 to 15:15	Closed	Closed	Closed
15:15 to 17:00		Gym Buddies	
17:15 to 18:15	60 minutes	Power Hour	Amy
18:25 to 18:55	30 minutes	Mega Stretch	Amy

<b>SATURDAY</b>	09:00 – 09:45	Bootcamp
	10:00 – 10:45	Bootcamp
<b>SUNDAY</b>	<b>CLOSED</b>	