

## Monday

Start	End	Class Name	Studio	Instructor
06:30	07:15	Bike & Beats	Spin Studio	Steve
09:30	10:15	Feel The Burn	Studio	Dan
10:15	11:15	Zumba	Studio	Brianne
13:30	14:15	Silver Spinners	Spin Studio	Susan
18:15	19:00	Soul Spin	Spin Studio	Lucy
18:15	19:00	Zumba	Studio	Brianne
18:45	19:30	X-Training	Functional Ar	Steve
19:00	19.45	Clubbercise	Studio	Brianne
19:45	20:30	Pilates	Studio	Chantelle

## Tuesday

Start	End	Class Name	Studio	Instructor
06:30	07:00	RaveFit	Studio	Steve
09:30	10:15	Bad Ass	Studio	Dan
10:15	11:15	Zumba Step	Studio	Brianne
12:00	12:30	Virtual Spin	Spin Studio	Virtual
17:45	18:45	Boogie Bounce	Studio	Dan
18:30	19:15	Spin	Spin Studio	Rick
18:45	19:15	BAR.Baric.BLAST	Studio	Dan
19:15	20:00	Power Yoga	Studio	Laura
20:00	21:00	Pound	Studio	Naomi

## Wednesday

Start	End	Class Name	Studio	Instructor
06:30	07:15	Spin	Spin Studio	Pippa
09:00	10:00	BAR.Baric	Studio	Daniel
10:15	11:15	Zumba	Studio	Brianne
18:00	18:30	Stripped Circuit	Studio	Sully
18:30	19:15	Rock Spin	Spin Studio	Rick
18:30	19:30	Clubbercise	Studio	Brianne
18:45	19:30	X-Training	Functional Ar	Steve
19:30	20:30	BoxFit	Studio	Sully

## Thursday

Start	End	Class Name	Studio	Instructor
06:30	07:00	RaveFit	Studio	Steve
09:30	10:15	Sweat To Da Beat	Studio	Steve
18:00	19:00	Zumba Step	Studio	Brianne
18:15	19:00	Spin	Spin Studio	Steve/Pippa
19:00	20:00	Boogie Bounce	Studio	Dan
20:00	21:00	Pilates	Studio	Mike

## Friday

Start	End	Class Name	Studio	Instructor
06:30	07:00	Spin	Spin Studio	Lucy
10:00	10:45	Yogalates	Studio	Andrea
12:00	12:30	Virtual Spin	Spin Studio	Virtual
18:00	19:00	Pound	Studio	Naomi
18:00	19:00	Gym & Tonic	Functional A	Steve
19:00	20:00	Yin Yoga	Studio	Laura

## Saturday

Start	End	Class Name	Studio	Instructor
09:00	09:45	Spin	Spin room	Pippa
09:00	09:45	Bad Ass	Studio	Dan
09:50	10:35	BAR.Baric	Studio	Dan
10:40	11:40	Zumba	Studio	Louise

## Sunday

Start	End	Class Name	Studio	Instructor
09:30	10:15	HangOverCamp	Studio	Steve
09:20	10:20	Hatha Yoga	Studio	Chantelle
10:30	11:30	Gloveworx	Studio	Steve