
























Class Timetable

Morning	Evening
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	45 mins	1 hour	1 hour	45 mins	1 hour	45 mins	30 mins	30 mins	1 hour	1 hour
MON	Dance Aerobics 09:30 Leonie	 Group Cycle 09:30 Virtual	Hatha Yoga 09:30 Annie	Aquafit 10:30 Leonie	Pure Stretch 10:35 Annie	 Group Cycle 18:00 Tom G	Express Workout 18:00 Belle	Express Pilates 18:30 Belle	 Group Cycle 19:00 Virtual	Boxercise 19:00 Tom G
TUE	 Group Cycle 06:30 Virtual	Pilates 09:30 Nicole	Circuits 09:30 Tom M	Pilates 10:30 Nicole	 Group Cycle 10:30 Virtual	 Power Abs 18:00 Charlotte	 Group Cycle 18:00 Tom G	 Group Cycle 19:15 Virtual		
WED	 Group Cycle 06:30 Charlotte	Pilates 09:30 Viv	Pump 09:30 Helen	 Group Cycle 09:30 Sara	Aqua Fit 10:30 Leonie	Express Step 10:35 Helen	 Group Cycle 18:00 Ian	Pure Stretch 18:00 Annie	Aqua Fit 19:00 Helen	Circuits 19:00 Tyler
THUR	 Group Cycle 06:30 Virtual	Kettlebell Workout 09:30 Sara	Pilates 09:30 Nicole	 Group Cycle 10:30 Virtual	Pilates 10:35 Nicole	 Group Cycle 18:00 Virtual	Tone & Flex 18:00 Annie	Body Strong 18:00 Tyler	Hatha Yoga 19:00 Annie	Circuits 19:15 Tyler
FRI	 Group Cycle 06:30 Virtual	 Group Cycle 09:30 Sara 	Pilates 09:30 Viv	Aqua Fit 09:45 Helen	Cardio Sculpt 10:35 Helen	Ab Workout 10:45 Sara	 Group Cycle 17:30 Virtual	 Group Cycle 18:30 Ian		
SAT	45 mins Core HIIT 08:10 Sara	45 mins  Group Cycle 09:00 Sara 	1 hour  Group Cycle 17:00 Virtual	Key:  - Group Cycle is a classic form of exercise to music focusing on endurance, strength, intervals, high intensity and recovery  - To Coach By Color® is to bring a simple and intuitive form of communication to Group cycling to improve the riders experience and to achieve their fitness results in less time  - Connect® - participants ride for, with or against each other to meet group targets, win team battles and achieve personal bests  - Virtually, everything is possible. Immerse yourself & take in the sights with myride						
SUN	45 mins  Group Cycle 08:45 Charlotte	1 hour  Group Cycle 10:00 Virtual	1 hour Kundalini Yoga 10:00 Beccy							