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	Cardio Blast  9.15am - 10.15am Terri G	Step Aerobics  10am - 11am Terri G	Yoga  9.30am - 11am Trish	Aero Tone  9:15am - 10:15am Terri G	Meta Fit  6.50am - 7.30am Team	Yoga  9am - 10am Will/Callie	
	Zumba  10.15am - 11.15am Nikki	Body Tone  11.00am - 11.45pm Alexandra	Legs Bums & Tums  11am - 12pm Terri G	Pilates  12.15pm - 1pm Vicky R	Yoga  9.30am - 11.00am Trish	The Challenge  10am - 11am Terri G	
	Spinning  10:15am - 11:00am Julia	Pilates  11.45pm - 12.30pm Alexandra	Back To Yoga  12pm - 1pm Trish		Zumba  11am - 12pm Karen	Tai Chi  11am -12pm Stephen Budworth	
	Body Sculpt  11.15am - 12.15pm Julia	Yin Yang Yoga  12:30pm - 2.pm Julie			Aquacise  2pm - 3pm Heather		
	Yoga Fusion  12.15pm - 1.15pm Claire	Circuits  6pm - 7pm Vicky	H.I.I.T  6pm - 7pm James L	Pilates  6pm - 7pm Karen			
	Meta Burn  6pm - 7pm James L	Spinning  7pm - 8pm Claire	Aquacise  7:00pm - 8.00pm Heather	Kettlebells  6pm - 6:45pm James N	Bootcamp  6pm - 7pm James N		
	Kettlebells  7pm - 7:45pm James N	Boxfit  7pm - 8pm Paul Bardi	Zumba  7.00pm - 7.45pm Nikki	Strength Training  7pm - 8pm James N	Zumba  7pm - 8pm Hannah		Yoga (Dynamic Hatha)  7pm - 8.30pm Will
	Boxfit  7:00pm - 8.00pm Paul	Yoga  8pm - 9.30pm Jo	Zumba  8.00pm - 8.45pm Nikki	Yoga (Hatha)  8pm - 9.30pm Will			



Low Intensity



Medium Intensity



High Intensity