

Fitness Timetable

Monday	09:30 – 10:15	Group Cycle	Gym	Aidan / George
	10:30 – 11:30	Yoga	Studio	Zoe
	17:00 – 17:45	Total Strength	Studio	Jade
	18:15 – 19:00	Group Cycle	Gym	Kath
	18:00 – 19:00	Pilates	Studio	Teresa
	19:15 – 20:00	Shape n’ Sculpt	Studio	Kath
Tuesday	09:30 – 10:30	Strength & Conditioning + Abs	Studio	Jade
	17:00 – 17:45	Group Cycle	Gym	George
	18:15 – 19:00	H.I.I.T.	Studio	Aidan
Wednesday	09:30 – 10:15	Group Cycle	Gym	Jade
	09:30 – 10:30	Pilates	Studio	Teresa
	17:00 – 17:45	Group Cycle	Gym	Aidan
	18:00 – 18:45	Group Cycle	Gym	George
Thursday	09:30 – 10:15	Shape n’ Sculpt	Studio	Kath
	10:30 – 11:30	Pilates & Power Yoga	Studio	Kath
	17:00 – 17:45	Mad Swans Total Strength	Studio	Jade/George
	18:15 – 19:00	Group Cycle	Studio	Jade/George
Friday	10:00 – 10:45	Low Impact	Studio	Expert instructor TBC
	17:30 – 18:15	Group Cycle	Gym	Expert instructor TBC
Saturday	09:30 – 10:15	Group Cycle	Gym	Expert instructor TBC
	12:00 – 12:45	Strength & Conditioning	Studio	Expert instructor TBC
Sunday	09:30 – 10:15	Group Cycle	Gym	Expert instructor TBC
	12:00 – 12:45	H.I.I.T.	Studio	Expert instructor TBC