

Week Commencing: 8<sup>th</sup> November 2021



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:30						SPIN (45 mins) Alex Bristow	
09:10	AERO STEP (45 mins) Mandy Wilson	SPIN (45 mins) Chris Royston	MANDY'S MASHUP HITT (45 mins) Mandy Wilson	FITSTEPS (45 mins) Emma Healey	SPIN (45 mins) Amy Sperring		HITT (45 mins) Poppy Moon
10:10	PILATES (60 mins) Sue Wright	YOGA (60 mins) Craig Robinson	BODY WRX (45 mins) Zoe McAndrew		BODY BLITZ (45 mins) Emma Johnson	TAI CHI (45 mins) Sue Kelly	
11:00 (Pool)					AQUA (45 mins) Emma Johnson		
11:20		KETTLEBELLS (45 mins) Virtual	F.BODY TONE (45 mins) Poppy Moon	DANCERCISE (45 mins) Megan Coates	YOGA (45 mins) Craig Robinson		
12:00 (Pool)		AQUA (45 mins) Emma Johnson		AQUA (45 mins) Amy Sperring			
LUNCH CALORIE BURN 13:15	SPIN (30 mins) Virtual	SPIN (30 mins) Virtual	SPIN (30 mins) Poppy Moon	SPIN (30 mins) Virtual	SPIN (30 mins) Virtual		
17:10	SWEATSHOP (High intensity) (45 mins) Sam Bridger	PILATES (45 mins) Anastasia	BEGINNERS SPIN (45 mins) Chris Royston	KETTLEBELLS (45 mins) Virtual	BARRE (45 mins) Megan Coates		
18:10 (Pool)	AQUA (45 mins) Anastasia	AQUA (45 mins) Anastasia		AQUA (45 mins) Anastasia			
18:10 (Studio)	BODY CONDITIONING (45 mins) Karen Hatcher	SPIN (45 mins) Amy Sperring	YOGA (45 mins) Craig Robinson	PUMP (45 mins) Kathy Starkey	F/S CARDIO COMBAT (45 mins) Moddy		
19:10	PILATES (45 mins) Karen Hatcher						