

		6:00	7:00	8:00	9:00	10:00	11:00	12:00	13:00		16:00	17:00	18:00	19:00	20:00
Monday	Squash Courts														
	Gym					Silver Zone					Junior Gym	SG Junior Gym *			
	Studio					Yoga							Men That Stretch		Yoga
	Spin Zone												Studio Cycling		
	Sports Hall							Step					Zumba		
	Astro														Bootcamp
Pool															
Tuesday	Squash Courts														
	Gym							Silver Zone			Junior Gym	Junior Gym *	Boogie Bounce		
	Studio					Yoga		Yoga				Ladies Lifting Club	Yoga		Yoga
	Spin Zone												Studio Cycling		
	Sports Hall				Pump Fit				Circuits						Kettlebells
	Astro														
Pool				Aqua											
Wednesday	Squash Courts														
	Gym							Silver Zone			Junior Gym	Junior Gym *			
	Studio							Vinyasa Flow Yoga							Pilates
	Spin Zone	Studio Cycling											Pilates		Pilates
	Sports Hall								Ladies Circuits		Boxfit		Studio Cycling		
	HP Gym														Ladies Lifting Club
Pool				Aqua											
Thursday	Squash Courts														
	Gym														
	Studio														
	Spin Zone														
	Sports Hall														
	Astro														
Pool															
Friday	Squash Courts														
	Gym														
	Studio														
	Spin Zone														
	Sports Hall														
	Astro														
Pool															
Saturday	Spin Zone														
	Studio														
	Various														
Sunday	Studio														
	Spin Zone														
	Various														

	Mind & Body		Circuit Training		Toning
	Studio Cycling		Strength/Core		Junior Fitness
	Aqua		Dance		50+

\*These Sessions are TERM TIME only