




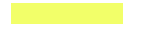
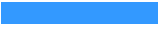




		6:00	7:00	8:00	9:00	10:00	11:00	12:00	13:00		16:00	17:00	18:00	19:00	20:00
Monday	Squash Courts														
	Gym					Silver Zone					Junior Gym	SG Junior Gym *			
	Studio					Yoga							Men That Stretch		Yoga
	Spin Zone												Studio Cycling		
	Sports Hall							Step					Zumba		
	Astro								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

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

*These Sessions are TERM TIME only