

Early Bird

Morning

Afternoon

Evening

MONDAY

| | | | | |
|-------------|-------------------|----------|--------|------------------|
| 06.15-07.00 | Kettle Camp | BMW | GI | (600 Cal) |
| 08.45-09.15 | FAB | Mini | Julie | |
| 09.15-10.00 | Aqua Fit | Pool | Debbie | (250 Cal) |
| 09.30-10.00 | Quick HIIT Cardio | Gym | GI | |
| 09.30-10.30 | BODYPUMP | BMW | Julie | (560 Cal) |
| 09.30-10.30 | Low & Tone | Mini | Kym | (450 Cal) |
| 09.30-10.30 | Simply Circuits | Wellness | Phil | |
| 09.30-10.00 | Boot Camp | X-Fit | Sally | |
| 10.00-11.00 | Strength Club | X-Fit | Lewis | |
| 10.00-10.30 | Core Conditioning | Gym | GI | |
| 10.00-10.45 | Aqua Fit | Pool | Suzie | (250 Cal) |
| 10.30-11.30 | Zumba | Mini | Kym | |
| 10.30-11.30 | BODYATTACK | BMW | Debbie | (675 Cal) |
| 10.30-11.15 | Spinning | Spin | Anne | (500 Cal) |
| 10.30-11.30 | BALANCE | Wellness | Julie | (390 Cal) |
| 11.30-12.30 | Beginners Pilates | BMW | Julie | |
| 11.30-12.30 | Yoga | Mini | Tony | |

TUESDAY

| | | | | |
|-------------|----------------|----------|--------|------------------|
| 06.15-07.00 | Group Met Con | BMW | GI | |
| 06.30-07.30 | BODYBALANCE | Mini | Julie | (390 Cal) |
| 07.30-08.30 | BODYPUMP | BMW | Julie | (560 Cal) |
| 09.30-10.30 | Simply Spin | Spin | Phil | |
| 09.30-10.30 | Simply Pilates | Wellness | Julie | |
| 09.30-10.30 | Circuits | BMW | GI | |
| 09.30-10.30 | Kettle Camp | | GI | |
| 09.30-10.30 | Adv Pilates | Mini | Kym | |
| 10.00-11.00 | Ducklings | Pool | Suzie | |
| 10.30-11.30 | BODYSTEP | BMW | Debbie | (620 Cal) |
| 10.30-11.15 | Spinning | Spin | Anne | (500 Cal) |
| 10.30-11.30 | Zumba | Mini | Kym | (400 Cal) |

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|-------------|------------|----------|----|--|
| 12.00-13.00 | Knee Rehab | Wellness | GI | |
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| 13.30-14.30 | Gentle Pilates | BMW | Julie | |
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| 13.30-14.15 | Aqua Fit | Pool | Debbie | (250 Cal) |
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| 14.00-15.00 | Breathe Easy | Gym | GI | |
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| 17.30-18.30 | BODYBALANCE | Wellness | Denise | (390 Cal) |
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| 18.00-19.00 | BODYCOMBAT | BMW | Debbie | (737 Cal) |
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| 18.00-18.45 | Met Con | Gym | Simon/Lewis | |
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| 18.45-19.30 | Spinning | Spin | Anne | (500 Cal) |
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| 19.00-20.00 | BODYSTEP | BMW | Debbie | (620 Cal) |
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| 20.00-21.00 | Yoga Stretch | BMW | Sue | |
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WEDNESDAY

| | | | | |
|-------------|-------------------|----------|---------|------------------|
| 06.30-07.15 | Spinning | Spin | Sally W | (500 Cal) |
| 08.45-09.15 | FAB | Mini | Julie | |
| 09.30-10.15 | Insanity | X-Fit | GI | |
| 09.30-10.30 | Simply Active | Wellness | Phil | |
| 09.30-10.00 | Quick HIIT Cardio | Gym | GI | (560 Cal) |
| 09.30-10.30 | BODYPUMP | BMW | Jen | (560 Cal) |
| 09.30-10.30 | Dance Fit | Mini | Anne | (450 Cal) |
| 09.30-10.15 | Aqua Fit | Pool | Debbie | (250 Cal) |
| 10.00-10.30 | Core on the ball | Gym | GI | |
| 10.30-11.00 | Meta Fit | Mini | Jen | (390 Cal) |
| 10.30-11.15 | Spinning | Spin | Sally W | (500 Cal) |
| 10.30-11.30 | Pilates | BMW | Julie | |
| 11.30-12.30 | Yoga | BMW | Tony | |

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| 13.00-14.00 | Neuro Rehab | Wellness | GI | |
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| 17.45-18.30 | PUMP CARDIO | BMW | Adam | (560 Cal) |
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| 18.00-18.45 | Spinning | Spin | Sally N | (500 Cal) |
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| 18.30-19.00 | Insanity | BMW | Adam B | |
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| 18.30-19.30 | Zumba | Mini | Helen | |
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| 19.30-20.30 | Pilates | Wellness | Denise | |
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| 19.30-20.00 | Met Con | Gym | GI | |
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THURSDAY

FRIDAY

SATURDAY

SUNDAY

Early Bird

06.15-07.00 Quick HIIT Cardio/Abs BMW GI **(500 Cal)**

06.30-07.15 Spinning Spin Sally N **(500 Cal)**
06.30-07.30 BODYBALANCE BMW Julie **(390 Cal)**

Morning

09.30-10.30 Circuits BMW GI
09.30-10.30 Pilates Mini Kym
10.30-11.15 Spinning Spin Sally N **(500 Cal)**
10.30-11.30 BODYCOMBAT Mini Debbie
10.30-11.30 Zumba BMW Kym **(400 Cal)**
11.00-12.00 Ducklings Pool Suzie

08.45-09.15 FAB Mini Julie
09.30-10.15 Aqua Fit Pool Debbie **(250 Cal)**
09.30-10.15 Boot Camp X-Fit Simon
09.30-10.00 Quick HIIT Cardio Gym GI
09.30-10.30 BODYPUMP BMW Julie **(560 Cal)**
09.30-10.30 Zumba Mini Laura **(400 Cal)**
09.30-10.30 Falls Prevention Wellness Kathryn
10.00-10.30 Core on the Ball Gym GI
10.30-11.15 Spinning Spin Sally N
10.30-11.30 Low & Tone Mini Kym **(450 Cal)**
10.30-11.30 Pilates BMW Julie
10.45-12.15 Yoga Wellness Tony

08.30-09.30 WARRIOR Fit BMW GI
09.30-10.30 Zumba Mini Helen **(400 Cal)**
09.30-10.15 Group Cycling Spin Ruth **(500 Cal)**

09.30-10.15 Group Met Con Gym GI
10.00-11.00 BODYBALANCE BMW Denise **(390 Cal)**

I Love LESMILLS Saturday!

09.00-09.45 BODYSTEP BMW Debbie
09.45-10.30 BODYPUMP BMW Debbie
10.30-11.15 BODYCOMBAT BMW Debbie

Afternoon

13.30-14.30 Gentle Yoga BMW Sue
13.30-14.15 Aqua Fit Pool Debbie **(250 Cal)**

13.30-14.30 BODYATTACK BMW Debbie **(675 Cal)**

Evening

18.00-18.45 Warrior Fit BMW GI
18.00-18.45 Spinning Spin Mark S **(500 Cal)**
19.00-19.45 Hydro Fit Pool Suzie **(500 Cal)**

17.30-18.15 Group Cycling Spin Ruth **(500 Cal)**
18.00-18.30 Quick HIIT Cardio Gym GI

I Love LESMILLS Thursday!

18.00-18.45 BODYPUMP BMW Adam
18.45-19.30 BODYSTEP BMW Debbie
19.00-20.00 BODYBALANCE Mini Pam
19.30-20.15 BODYCOMBAT BMW Debbie

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(Calorie Counter)

*Please note
Average Calories only. Can vary dependent on intensity etc.