

Early Bird

Morning

Afternoon

Evening

## MONDAY

06.15-07.00	Kettle Camp	BMW	GI	<b>(600 Cal)</b>
08.45-09.15	FAB	Mini	Julie	
09.15-10.00	Aqua Fit	Pool	Debbie	<b>(250 Cal)</b>
09.30-10.00	Quick HIIT Cardio	Gym	GI	
09.30-10.30	Total Tone	BMW	Julie	<b>(560 Cal)</b>
09.30-10.30	Low & Tone	Mini	Kym	<b>(450 Cal)</b>
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	<b>(250 Cal)</b>
10.30-11.30	Zumba	Mini	Kym	
10.30-11.30	HIIT Aerobics	BMW	Debbie	<b>(675 Cal)</b>
10.30-11.15	Spinning	Spin	Anne	<b>(500 Cal)</b>
10.30-11.30	BALANCE	Wellness	Julie	<b>(390 Cal)</b>
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	BALANCE	Mini	Julie	<b>(390 Cal)</b>
07.30-08.30	Total Tone	BMW	Julie	<b>(560 Cal)</b>
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	Step	BMW	Debbie	<b>(620 Cal)</b>
10.30-11.15	Spinning	Spin	Anne	<b>(500 Cal)</b>
10.30-11.30	Zumba	Mini	Kym	<b>(400 Cal)</b>



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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	<b>(250 Cal)</b>
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14.00-15.00	Breathe Easy	Gym	GI	
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17.30-18.30	BALANCE	Wellness	Denise	<b>(390 Cal)</b>
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18.00-19.00	Fight Club	BMW	Debbie	<b>(737 Cal)</b>
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18.00-18.45	Met Con	Gym	Simon/Lewis	
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18.45-19.30	Spinning	Spin	Anne	<b>(500 Cal)</b>
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19.00-20.00	Step	BMW	Debbie	<b>(620 Cal)</b>
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19.15-20.15	Gym Drop In	Gym	Lewis	
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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	<b>(500 Cal)</b>
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	<b>(560 Cal)</b>
09.30-10.30	Total Tone	BMW	Jen	<b>(560 Cal)</b>
09.30-10.30	Dance Fit	Mini	Anne	<b>(450 Cal)</b>
09.30-10.15	Aqua Fit	Pool	Debbie	<b>(250 Cal)</b>
10.00-10.30	Core on the ball	Gym	GI	
10.30-11.00	Meta Fit	Mini	Jen	<b>(390 Cal)</b>
10.30-11.15	Spinning	Spin	Sally W	<b>(500 Cal)</b>
10.30-11.30	Pilates	BMW	Julie	
11.30-12.30	Yoga	BMW	Tony	

13.00-14.00	Neuro Rehab	Wellness	GI	
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17.45-18.30	PUMP CARDIO	BMW	Adam	<b>(560 Cal)</b>
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17.45-18.30	Spinning	Spin	Sally N	
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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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18.45-19.30	Spinning	Spin	Anne	
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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	<b>(500 Cal)</b>	06.30-07.15	Spinning	Spin	Sally N	<b>(500 Cal)</b>
					06.30-07.30	BALANCE	BMW	Julie	<b>(390 Cal)</b>

Morning

09.30-10.30	Circuits	BMW	GI		08.45-09.15	FAB	Mini	Julie		08.30-09.30	WARRIOR Fit	BMW	GI		09.30-10.15	Group Met Con	Gym	GI	
09.30-10.30	Pilates	Mini	Kym		09.30-10.15	Aqua Fit	Pool	Debbie	<b>(250 Cal)</b>	09.30-10.30	Step	BMW	Debbie	<b>(620 Cal)</b>	10.00-11.00	BALANCE	BMW	Denise	<b>(390 Cal)</b>
10.30-11.15	Spinning	Spin	Sally N	<b>(500 Cal)</b>	09.30-10.15	Boot Camp	X-Fit	Simon		09.30-10.30	Zumba	Mini	Helen	<b>(400 Cal)</b>					
10.30-11.30	Fight Club	Mini	Debbie		09.30-10.00	Quick HIIT Cardio	Gym	GI		09.30-10.15	Group Cycling	Spin	Ruth	<b>(500 Cal)</b>					
10.30-11.30	Zumba	BMW	Kym	<b>(400 Cal)</b>	09.30-10.30	Total Tone	BMW	Julie	<b>(560 Cal)</b>	10.30-11.30	Total Tone	BMW	Debbie	<b>(560 Cal)</b>					
11.00-12.00	Ducklings	Pool	Suzie		09.30-10.30	Zumba	Mini	Laura	<b>(400 Cal)</b>										
					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	<b>(450 Cal)</b>										
					10.30-11.30	Pilates	BMW	Julie											
					10.45-12.15	Yoga	Wellness	Tony											

Afternoon

13.30-14.30	Gentle Yoga	BMW	Sue		13.30-14.30	HIIT Aerobics	BMW	Debbie	<b>(675 Cal)</b>
13.30-14.15	Aqua Fit	Pool	Debbie	<b>(250 Cal)</b>					

Evening

18.00-18.45	Warrior Fit	BMW	GI		17.30-18.15	Group Cycling	Spin	Ruth	<b>(500 Cal)</b>
18.00-18.45	Spinning	Spin	Adam	<b>(500 Cal)</b>	18.00-18.30	Quick HIIT Cardio	Gym	GI	
19.00-19.45	Hydro Fit	Pool	Suzie	<b>(500 Cal)</b>					
19.00-20.00	Strength Club	X-Fit	Lewis						
19.00-20.00	Step	BMW	Debbie						
19.00-20.00	BALANCE	Mini	Pam	<b>(390 Cal)</b>					

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**(Calorie Counter)**  
 \*Please note  
 Average Calories only. Can vary dependent on intensity etc.

