

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Early Morning	5.40am <b>Abs Blast</b> Richard 6.00am <b>Fit n 30</b> Richard	6.00am <b>Box &amp; Burn</b> Richard	6.00am <b>Spinning</b> Sarah	6.00am <b>Box n Burn</b> Richard			
Mid-Morning	9.30am <b>Xpress Muscle Max</b> Richard  10.00am <b>Abs Blast</b> Richard	9.30am <b>Fit n 30</b> Richard  <b>10.00am – Aqua Energy</b> Ben	9.30am <b>Yoga</b> Kirsty	9.30am <b>Fit n 30</b> Richard	<b>10.00am Aqua Energy</b> Ben	8.30am <b>Spinning</b> Frances  9.00am <b>Fit n 30</b>	
Afternoon							
Evening	5.30pm <b>Xpress Spin</b> (30mins) Fiona  6.00pm <b>Xpress Muscle Max</b> (30mins) Fiona  6.50pm <b>Abs Blast</b> Annie (gym floor)	5.30pm <b>Fit n 30 session 1</b> Greg (Tunnel)  6.00pm <b>Spinning</b> Sarah  6.00pm <b>Fit n 30 session 2</b> Greg (Tunnel)	6.00pm <b>Xpress Spin</b> (30mins) – Greg  6.30pm <b>Xpress Muscle Max Circuit - Greg</b> (30mins)	5.30pm <b>Fit n 30</b> Annie (Tunnel)  6.00pm <b>Spinning</b> Fiona	5.30pm <b>Fit n 30</b> Adam (Tunnel)		5.30pm <b>Fit n 30</b> Greg
Late Evening	6.30pm <b>Yoga</b> Kirsty	7.00pm <b>Pilates</b> Olga	7.00pm <b>Zumba</b> Olga	<b>7.45pm Aqua Zumba</b> Linda			