

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
12.00 - 12.30 CIRCUITS Tara		12.00 - 12.30 SWEAT Tara	12.00 - 12.30 BODY BURN Tara	07.00 - 08.00 KCAL KILLER (FEMALE ONLY) Sam H
12.30 - 13.00 BARBELL BLAST Tara		12.30 - 12.45 ABS BLAST Tara	12.30 - 13.00 LEGS, BUMS & TUMS Tara	10.00 - 11.00 CIRCUITS Ant
17.00 - 17.30 ALL BODY CIRCUIT Andy	17.00 - 18.00 MOBILITY Becca	17.00 - 17.30 SWEAT Andy	17.00 - 17.30 BARBELL BLAST Ant	11.30 - 12.15 PILATES Sam S (£6 for members)
17.30 - 18.00 STEP IT UP Andy		17.30 - 18.00 BODYTONE Becca	17.30 - 18.00 BODY BURN Ant	
18.00 - 18.30 STRENGTH Ant	18.00 - 18.30 LEGS, BUMS & TUMS Becca			
18.30 - 19.00 PUMP Ant				