

Mon	Tues	Wed	Thurs	Fri
	Calorie Burn 7am - 8am Club Staff Studio	Studio Cycling 6:45am - 7:15am Club Staff Studio	Circuits 7am - 7.45am Club Staff Studio	
Circuits & Sprint Cycling 12:15pm-1:00pm Club Staff Studio	Core Conditioning 12:15pm - 1:00pm Club Staff Studio	Circuits 12.15pm-1.00pm Club Staff Studio	Core Conditioning 12:15pm - 1:00pm Club Staff Studio	Circuits & Sprint Cycling 12:15pm - 1:00pm Club Staff Studio
Fight Fit 1:10pm - 1:40pm Club Staff Studio	Spirit Pump 1:15pm- 1:45pm Club Staff Studio	Studio Cycling 1.15pm-1.45pm Club Staff Studio	Spirit Pump 1:15p - 1:45pm Club Staff Studio	Fight Fit 1:10pm - 1:40pm Club Staff Studio
Iyengar Yoga 5:30pm - 7:00pm Angela Studio	Studio Cycling 5:30pm - 6:00pm Club Staff Studio		Bums, Legs & Tums 5.45pm - 6.45pm Julie Studio	Studio Cycling 5:30pm - 6:00pm Club Staff Studio
	Zumba 6.30pm - 7.30pm Leanne Studio	Bums, Legs & Tums 6:00pm-7:00pm Julie Studio	Zumba 6.45pm - 7.45pm Leanne Studio	