

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
		6.45 – 7.30 Aerobic Conditioning Kaye		7.00 – 7.30 Pump Kaye		6.45 – 7.30 Aerobics Conditioning Kaye					
8.00 – 8.30 Pump Steve		9.15-9.45 Aqua Leah	9.15-9.45 LBT Kaye	8.45 – 9.15 Aqua Kaye				7.45 – 8.15 Pump Kaye			
8.45 – 9.15 Aqua Steve						8.45 – 9.30 Aqua Kaye		8.30 – 9.00 Aqua Kaye		8.30 – 9.15 Pump Leah	
9.30 – 10.00 LBT Steve				9.30 – 10.00 Pump Kaye		9.45 – 10.30 Yoga for Beginners Karen				9.30 - 10.00 Spin Leah	
10.15 – 11.00 Pilates Leah		10.15 – 11.00 Pilates Leah		10.15 – 10.45 Low Impact Aerobics Kaye		10.45 – 11.30 Pump Kaye		10.15 – 10.45 Pump Kaye		10.30 – 11.00 LBT Leah	
		11.15 – 11.45 Pump Kaye		11.00 – 11.45 Pilates Leah				11.00 – 11.45 Pilates Leah			
		11.45 – 12.00 Gym Induction Kaye		12-12.15 Induction Kaye	12.15-12.3 Induction Kaye	11.45 – 12.15 LBT Kaye					
		12.00 – 12.15 Gym Induction Kaye		12.00 – 12.30 LBT Leah		12.30 – 12.45 Gym Induction Kaye		12.15 – 12.45 Pump Kaye			
17 – 17.30 HIT Steve	17.30 – 18 Aerobic Conditioning Kaye	17.30 – 18.15 Pump Kaye		17.00 – 17.45 HIT Steve		17.15 – 18.00 Yoga Karen					
17.45 – 18.00 Gym Induction Steve				18.00 – 18.45 Circuits Steve		18.00 – 19.00 Yoga Karen					
18.15 – 18.45 Spin Steve		18.30 – 19.00 Spin Kaye									
19.00 – 19.30 Pump Steve				19.00 – 19.30 Pump Steve							

