

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bodypump 6:30- 07:15 Bronagh	Spin 06:30- 07:15 Mandy	Bodypump 6:30- 07:15 Bronagh	Spin 6:30- 7:15 Emily	Bodypump 6:30- 7:15 Philip	Spin 9:00- 9:45 Cam	Spin 10.00- 10:45 Jackie
Spin 06:30-07:15 Chris	Retro Pump 08:15- 09:00 Jackie	Spin 06:30- 07:15 Mandy	Bodypump 06:30- 07:15 Mandy	Spin 06:30- 07:15 Sinead	Body-Box 9:00- 9:45 Mark	Bodycombat 09:00 -09:45 Donna
Spin 9:30- 10:15 Jackie	Spin 09:15-10:00 Jackie	Bodypump 9:30- 10:15 Leah	Core 9: 15- 9:45 Cory	Spin 09:30- 10:15 Mandy	Bodypump 10:00- 10:45 Donna	Bodypump 10:00- 10:45 Mandy
Bodypump 9:30- 10:15 Donna	Yoga 9:15- 10:15 Cam	Pilates 10:30- 11:30 Cam	LBT 10:00- 10:45 Cam	Body Tone 10:00- 10:30 Grania	Yoga 11:00- 12:00 Chris	Bodybalance 11:00- 11:45 Philip
Yoga 10:30- 11:30 Cam	Bodypump 10:30- 11:15 Cam	Body Groove 11:45-12:15 Bronagh	BodyFix 11:00- 11:45 Cam	Pilates 11:00- 12:00 Ruth	Spin 12:30- 13:15 Chris	Spin 12:00- 12:45 Chris
Aqua 13:00- 13:45 Donna	Bodybalance 11:30- 12:15 Cam		Bodybalance 11:00- 11:45 Bronagh		Bodypump 13:00- 13:45 Emily	Yoga 13:00- 14:00 Chris
Spin 17:30- 18:15 Mandy	Bodypump 16:30-17:15 Leah	Spin 17:30- 18:15 Emily	16:30-17:15 Bodycombat Hazel	Spin 17:30- 18:15 Chris	 <p>LesMills Bodypump</p> <p>LesMills Bodycombat</p> <p>LesMills Bodybalance</p>	
Bodypump 17:30- 18:15 Leah	Spin 17:30- 18:15 Leah	Bodypump 17:30- 18:15 Hazel	Spin 17:30- 18:15 Mandy	Bodypump 17:30- 18:15 Cam		
Spin 18:30- 19:15 Chris	Body-Box 17:30- 18:15 Mark	Spin 18:30- 19:15 Jackie	Body Tone 17:30- 18:15 Grania	Bodybalance 18:30- 19:15 Hazel		
Circuits 18:30- 19:15 James	Spin 18:30- 19:15 Cory	Bodycombat 18:30- 19:15 Hazel	Spin 18:30- 19:15 Chris			
Bodycombat 19:30- 20:15 Hazel	Bodypump 18:30- 19:15 Donna	Yoga 19:20- 20:20 Cam	Bodypump 18:30- 19:15 Hazel			
	Bodybalance 19:30- 20:15 Bronagh		Pilates 19:30- 20:30 Chris			
	Aqua 19:30- 20:45		Aqua 19:30- 19:45			

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
HIIT Class 10:00- 10:30 Cory		HIIT Class 10:00- 10:30 Dean		HIIT Class 10:00- 10:30 Cory		
	HITT Class 18:00- 18:30 Cory					

Gym Floor Classes

30 Minutes Long