

Gym Classes – October 2021							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>6.15am</b>	Instructors Choice (40 mins)	Spin (40 mins)	Morning Pump (40 mins)		Spin & Mix (45 mins)		
<b>09.15am</b>				Spin (40 mins)	Circuit Session (40 mins)		
<b>10.00am</b>	Spin (30 mins)	Spin (40 mins)	Instructors Choice (45 mins)	Body Blast Blow Out (40 mins)	Spin (30+ mins)	Spin 10am to 10.30am Master Blast 10.30am to 11am	Spin 10am to 10.30am Master Blast 10.30am to 11am
<b>11.00am</b>	Fitness Pilates (30+ mins)	Upper Body & Core (30 mins)	Pilates & Core (40 mins)				
<b>7pm</b>	Spin (45 mins)	Mixed Fit Session (45 mins)	Spin (40 mins)	Spin (40 mins)			
<b>8pm</b>	Body Blast (45 mins) Studio 1 – 8 Max		Mixed Strength Session (45 mins) Studio 1 – 8 Max	Upper Body & Core (30 mins) Studio 1 – 8 Max			

- Timetable subject to change
- Sessions will run weather permitting
- Please bring your mat, water, towel and please sanitize on entry and exit of each session you attend
- Please book in on the new app or reserve your place by contacting reception
- Only 15 spots available due to government restrictions
- There will be a small reserve list so please only book if you can make it. Otherwise, substantial prior notice of cancellation is required

