











	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Cardio Blast  9.15am - 10.15am Terri G	Step Aerobics  10.00am - 11.00am Terri G	Yoga  9.30am - 11.00am Trish	Aero Tone  10.00am - 11.00am Terri G	Yoga  9.30am - 11.00am Trish	The Challenge  9.45am - 11.00am Terri G	
	Zumba  10.15am - 11.15am Melanie	Body Blitz  11.00am - 11.45pm Melanie	Spinning (Overton)  10am - 11am Melanie	Belly Dancing  11am - 12pm Sue	Body Blitz  11.00am - 11.45am Melanie	Tai Chi  11.00am -12.00pm Stephen Budworth	Pump FX  10.00am - 11.00am Helen
	Fit Bands & Forest Hills Slim Club Julia 11.15am-12.15pm	Pilates  11.45pm - 12.30pm Melanie	Legs Bums & Tums  11.00am - 12.00pm Terri G		Pilates  11.45am - 12.30pm Melanie		
	Boot Camp  6pm - 7.00pm Dave	Circuits  6.00pm - 7.00pm Teri U	Pump FX  6.00pm - 7.00pm Helen		Aquacise  2.00pm - 3.00pm Heather		
	TKO Fitness Yoga  6.15pm - 7.00pm Claire	Spinning (Overton)  7pm - 8pm Vicky	Zumba (OVERTON)  7.00pm - 8.00pm Melanie	Legs Bums & Tums  6.00pm - 7.00pm Terri G			
	Aerobics  7.00pm - 8.00pm Claire	BoxFit  7.00pm - 8.00pm Paul Bardi	Aquacise  7.45pm - 8.45pm Heather	Spinning (Overton)  7pm - 8pm Helen	Spinning (Overton)  6pm - 7pm Helen		Junior Kickboxing  6.00pm - 7.00pm Paul Bardi
	Ab Attack  8.00pm - 9.00pm Claire	Yoga  8.00pm - 9.30pm Trish	Pilates  8.00pm - 9.00pm Melanie	Yoga  8.00pm - 9.30pm Trish			
		Low Intensity		Medium Intensity		High Intensity	