

Friday 15th April

06:30-07:00	Sprint (Virtual)
07:00-08:00	SH'BAM (Virtual)
07:00-07:45	Mat Based Pilates
08:00-09:00	Body Balance (Virtual)
09:00-09:45	Aqua Zumba
09:30-10:00	Body Pump Express
09:45-10:30	TRIP (Virtual)
10:00-11:00	Zumba
10:15-10:45	Core (CX)
10:45-11:30	Fitness Yoga
11:00-11:45	LBT Mum and Baby
11:15-12:00	Total Tone
12:30-13:45	Hot Yoga
12:30-13:00	GRIT Cardio
14:00-15:00	Body Pump (Virtual)

Saturday 16th April

07:15-08:00	RPM (Virtual)
08:00-09:00	Barre (Virtual)
08:00-08:45	Body Balance (Virtual)
08:30-09:00	HiiT
08:45-09:30	TRIP
09:00-10:00	Zumba
09:00-10:15	Hot Yoga
09:30-10:30	Body Combat
09:45-10:30	Group Cycling
10:45-11:45	Body Balance
10:45-11:45	Body Pump
16:00-16:30	Sprint (Virtual)
16:15-17:15	Body Attack (Virtual)
17:30-18:00	Core (Virtual)

Sunday 17th April

07:15-07:45	RPM (Virtual)
07:30-8:45	Hot Yoga
08:00-08:45	SH'BAM (Virtual)
09:00-09:30	GRIT Strength
09:30-10:15	Barre Concept
09:45-10:15	Core (CX)
09:45-10:30	Group Cycling
10:30-11:15	Aqua Fit
10:45-11:45	Body Balance
10:45-11:45	Body Pump
10:45-11:30	Junior Cycling
11:00-11:30	Core (Virtual)
15:00-15:45	TRIP (Virtual)
17:00-18:00	Body Pump (Virtual)

Monday 18th April

06:30-07:00	Sprint (Virtual)
07:00-08:15	Hot Yoga
07:15-07:45	Core (Virtual)
09:00-09:30	Aqua Jog
09:45-10:30	Aqua Fit
09:30-10:30	Body Attack
09:45-10:30	TRIP
10:00-10:45	SH'BAM
10:45-11:15	Core (CX)
11:00-11:45	Barre Concept
11:00-12:00	Body Balance
12:00-12:45	Body Pump Express