

B:MORE CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7AM	7:30-8:15 HIIT CIRCUITS CALLUM	7:30-8:15 INDOOR CYCLE	7:30-8:15 PILATES LAURA	7:30-8:15 BOOTCAMP CHRIS	8:00-8:45 BOXFIT KELLY	8:30-9:15 INDOOR CYCLE	
8AM	9:00-9:45 INDOOR CYCLE COACH BY COLOUR LAURA	9:00-9:45 HIIT CALLUM	9:00-9:45 TRX ALI	9:00-9:45 BARRE FLICK	9:00-10:00 VINYASA FLOW YOGA TASH	9:30-10:30 COACH BY COLOUR SARAH	9:30-10:15
9AM	9:00-9:45 BODY SCULPT ALI	8:45-9:30 BARRE FLICK	9:30-10:15 INDOOR CYCLE COACH BY COLOUR LAURA	9:30-10:15 INDOOR CYCLE BEAT BLAST JULES	9:15-10:00 TRX FLICK	9:30-10:15 PILATES SARAH	9:30-10:15 BODY SCULPT CALLUM
10AM	10:15-11:00 TOTAL STRETCH ALI	9:30-10:30 PILATES FLICK	10:00-10:45 LEGS, BUMS & TUMS NICKY	9:45-10:30 STRETCH & TONE FLICK	10:15-11:00 AB BLAST FLICK	9:30-10:15 INDOOR CYCLE BEAT BLAST JULES	10:30-11:15 INDOOR CYCLE HIIT CALLUM
11AM		10:45-11:30 BODY SCULPT JULES				10:30-11:15 TRX LAURA	
12AM	12:00-1:00 GET INTO GOLF MARTIN			10:30-11:30 VINYASA FLOW YOGA MADDY			
1PM							
2PM							
3PM			2:30-3:30 PILATES JULIA				
4PM							
5PM							
6PM	6:30-7:15 INDOOR CYCLE BEAT BLAST CHRIS	6:00-6:45 BOXFIT LAURA	6:15-7:00 INDOOR CYCLE HIIT CALLUM	5:15-6:00 INDOOR CYCLE COACH BY COLOUR KELLY			
7PM	6:30-7:30 ALIGN & FLOW YOGA JO	7:00-8:00 PILATES LAURA	7:15-8:00 BODY SCULPT CALLUM	6:30-7:15 CARDIO CIRCUITS CALLUM			
8PM							