

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
BUMS, TUMS, THIGHS 8:30 - 9:15 (AW)	PILATES 9:15 - 10:15 (KR)	STUDIO CYCLE 7:15 - 7:45 (SF)	BUMS, TUMS, THIGHS 9:30 - 10:15 (AW)	METAFIT 7:15 - 7:45 (SF)
BUMS, TUMS, THIGHS 9:30 - 10:15 (AW)	PILATES 10:30 - 11:30 (KR)	CORE STABILITY 9:30 - 10:30 (CH)	HATHA YOGA 10:30 - 11:45 (JK)	COMBAT CONDITIONING 9:30 - 10:30 (MR)
METAFIT 17:30 - 18:00 (SF)	60+ KEEP FIT 12:15 - 13:00 (AW)	PUMP 18:15 - 19:15 (SF)	HATHA YOGA 12:00 - 13.15 (JK)	YOGA 11:15 - 12:45 (HC)
BUMS, TUMS, THIGHS 18:15 - 19:00 (AW)	60+ KEEP FIT 13:15 - 14:00 (AW)	STUDIO CYCLE 18:30 - 19:15 (AW)	KETTLE BELL CIRCUITS 18:10 - 18:55 (KD)	<b>AW = ALI</b> <b>JK = JENNY</b> <b>HC = HEATHER</b> <b>KD = KYLE</b> <b>MR = Matty</b>
STUDIO CYCLE 19:15 - 19:45 (AW)	CORE STABILITY 18:15 - 19:00 (RS)	PIYO 19:30 - 20:15 (AW)	CORE STABILITY 19:15 - 20:15 (RS)	
HATHA YOGA 19:15 - 19:45 (SS)	STUDIO CYCLE 18:10 - 18:40 (AW)			
	PIYO 18:55 - 19:45 (AW)			

PLEASE NOTE: for health & Safety reasons those arriving 5 minutes after the advertised class start time will not be permitted to join the class

BOOK ONLINE: [middevonleisure.com](http://middevonleisure.com)

	<b>CALORIE BURNING</b>
	<b>STRENGTH &amp; TONE</b>
	<b>RELAXATION</b>
	<b>GROUP CYCLE</b>