

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PILATES 9:15 - 10:15 AM (CM)	LOW IMPACT AEROBICS 9:15 - 10:00 AM (CM)	PIYO 8:30 - 9:15 AM (AW)	STUDIO CYCLE 7:15 - 7:45 AM (SR)	PIYO 8:30 - 9:15 AM (AW)	PUMP 8:45 - 9:30 AM (CM)	STUDIO CYCLE 9:15 - 09:45 AM (SR)
ZUMBA 10:30 - 11:15 AM (KG)	BUMS, TUMS, THIGHS 10:15 - 11:00 AM (MP)	TRIPLE CHALLENGE 9:30 - 10:15 AM (AW)	LOW IMPACT AEROBICS 9:15 - 10:00 AM (CM)	50+ STUDIO CYCLE 9:25 - 9:55 AM (AW)	STUDIO CYCLE 09:45 - 10:15 AM (CM)	URBAN FUNK 10:15 - 11:00 AM (BB)
FUNCTIONAL FITNESS 3:00 - 3:30 PM (FITNESS TEAM) T	STUDIO CYCLE 10:45 - 11:15 AM (MR) NEW!	BEGINNERS YOGA 10:45 - 12:15 PM (JK)	PILATES 10:15 - 11:15 AM (CM)	TRIPLE CHALLENGE 9:30 - 10:15 AM (CM)		
HIIT - FULL BODY 5:15 - 5:45 PM (MP)	YOGA 11:15 - 12:45 PM (JK)	FUNCTIONAL FITNESS 11:00 - 11:30 PM (FITNESS TEAM) T	ZUMBA 11:30 - 12:15 PM (KG) NEW!	STUDIO CYCLE 10:30 - 11:00 AM (CM)		
KETTLEBELLS 6:15 - 7:00 PM (SR)	CHAIR YOGA 1:00 - 2:00 PM (JK)	KETTLEBELLS 6:15 - 7:00 PM (SR)	PUMP 5:45 - 6:30 PM (AY)	YOGA 10:45 - 12:15 PM (DM)		
STUDIO CYCLE 6:30 - 7:00 PM (CM)	STUDIO CYCLE 5:30 - 6:00 PM (CM)	STUDIO CYCLE 6:30 - 7:00 PM (CM)	YOGA 6:50 - 7:50 PM (DM)	FUNCTIONAL FITNESS 3:00 - 3:30 PM (FITNESS TEAM) T		
BUMS, TUMS, THIGHS 7:30 - 8:15 PM (CM)	FITNESS PILATES 6:15 - 7:00 PM (CM)	PUMP 7:20 - 8:05 PM (CM)		BOXERCISE 5:20 - 5:50 PM (MP) NEW!		
	DANCE MIX 7:15 - 8:00 PM (BBu)	STUDIO CYCLE 7:30 - 8:00 PM (SR)		PILATES 6:15 - 7:15 PM (CM)		
	STUDIO CYCLE 7:30 - 8:00 PM (SR)			STUDIO CYCLE 6:30 - 7:00 PM (SR)		

- AW = ALI
- AY = AILEEN
- BB = BECKY
- CM = CHRISTINE
- DM = DINAH
- JK = JENNY
- KG = KIM
- LG = LOUISE
- MP = MONIKA
- MR = MATTY
- SR = STEVE

T = TRIAL

PLEASE NOTE:
For health & safety reasons, those arriving 5 minutes after the advertised class start time will not be permitted to join the class.

	DANCE
	CALORIE BURNING
	STRENGTH & TONE
	RELAXATION
	GROUP CYCLE

BOOK ONLINE: middevonleisure.com