

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
STUDIO CYCLE 7.15 - 8.00AM (AL)	BODY BLAST 9.15 - 10.15AM (VS)	STUDIO CYCLE 7.15 - 8.00AM (AL)	CARDIO KETTLE 9.15 - 10.00AM (AL)	STUDIO CYCLE 7.15 - 8.00AM (AL)	STUDIO CYCLE 8.30 - 9.15AM (VARIOUS)	
TOTAL TONE 9.15 - 10.00AM (AL)	PILATES 10.30 - 11.30AM (VS)	PILATES 9.15 - 10.15AM (VS)	STUDIO CYCLE 10.15 - 11.00AM (AL)	TOTAL TONE 9.15 - 10.15AM (RD)	PUMP & TONE 10.15 - 11.00AM (SR)	
DANCE MIX 10.15 - 11.15AM VS	HITT 5.45 - 6.30PM (AL)	PILATES 10.30 - 11.30AM (VS)	YOGALATES 1.15 - 2.00PM (CJ)	STUDIO CYCLE 10.30 - 11.15AM (RD)		
YOGA 1.15 - 2.30PM (CJ)	STUDIO CYCLE 6.00 - 6.45PM (RD)	STUDIO CYCLE 11.45 - 12.30PM (VS)	STUDIO CYCLE 6.00 - 6.45PM (BD)	YOGA 11.45 - 12.30PM (CJ)		
STUDIO CYCLE 5.15 - 6.00PM (AL)	CARDIO KETTLE 6.45 - 7.30PM (AL)	YOGA 1.15 - 2.00PM (CJ)				
TOTAL TONE 6.15 - 7.00PM (AL)		HIIT 6:00 - 7:00PM (JM)				
		STUDIO CYCLE 6:30 - 7:15PM (RD)				
		BODY CONDITIONING 7:30 - 8:15PM (RD)				

**AL = AMBER**                      **SR = SARA**  
**BD = BEN**                         **VS = VICKI**  
**CJ = CHRISTINA**  
**GC = GUY**  
**JM = JAMIE**  
**RD = RACHAEL**

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

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

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