

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY																																
STUDIO CYCLE 7.00-7.45am (RJ)	PILATES 7.00-8.00am (RJ)	STUDIO CYCLE 7.00-7.45am (RJ)	SWIMFIT 9.15-10.15am (JB)	STUDIO CYCLE 7.00-7.45am (RJ)	TRI SWIM 7.00-8.00am (KG)																																	
BOOGIE BOUNCE 9.15-10.00am (AL)	SWIMFIT 9.15-10.15am (JB)	PILATES 9.15-10.15am (VS)	CARDIO KETTLE 9.15-10.15am (AL)	TOTAL TONE 9.15-10.15am (RD)	STUDIO CYCLE 8.30-9.15am (LP)																																	
BEGINNERS AQUAFIT 10.00-11.00am (JB)	BODY BLAST 9.15-10.15am (VS)	PILATES 10.20-11.20am (VS)	PILATES 9.15-10.15am (VS)	STUDIO CYCLE 10.30-11.15am (RD)	PUMP 'N'TONE 10.00-11.00am (VS)																																	
DANCE MIX 10.15-11.15am (VS)	TAI CHI 9.30 -10:30am (AM)	STUDIO CYCLE 11.45-12.30pm (VS)	PILATES 10.20-11.20am (VS)	YOGA 11.30-12.30pm (CJ)	TRI SWIM 12.00-1.00pm (KG)																																	
50+ STUDIO CYCLE 11.30-12.15pm (JB)	PILATES 10.20-11.20am (VS)	YOGA 1.00-2.00pm (CJ)	AQUAFIT 10.30-11.30am (JB)	TEEN STREET DYNAMIX 4.30-5.30pm (JB*)	<p style="text-align: center;">INSTRUCTORS</p> <table> <tr> <td>AM</td> <td>Audrey</td> <td>AL</td> <td>Amber</td> </tr> <tr> <td>CJ</td> <td>Christina</td> <td>BS</td> <td>Brie</td> </tr> <tr> <td>DJ</td> <td>Debbie</td> <td>KG</td> <td>Karen</td> </tr> <tr> <td>JB</td> <td>Jane</td> <td>LJ</td> <td>Laura J</td> </tr> <tr> <td>JM</td> <td>Jamie</td> <td>LP</td> <td>Leigh</td> </tr> <tr> <td>LH</td> <td>Laura H</td> <td>RJ</td> <td>Rachel J</td> </tr> <tr> <td>RD</td> <td>Rachael D</td> <td>VS</td> <td>Vicki</td> </tr> <tr> <td>SH</td> <td>Steph</td> <td>JB*</td> <td>Josh</td> </tr> </table>		AM	Audrey	AL	Amber	CJ	Christina	BS	Brie	DJ	Debbie	KG	Karen	JB	Jane	LJ	Laura J	JM	Jamie	LP	Leigh	LH	Laura H	RJ	Rachel J	RD	Rachael D	VS	Vicki	SH	Steph	JB*	Josh
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SH	Steph	JB*	Josh																																			
YOGA 1.00-2.00pm (CJ)	AQUAFIT 10.30-11.30am (JB)	SUPER CIRCUITS 6.00-7.00pm (JM)	YOGALATES 12.30-1.30pm (CJ)	STREET IT UP 6.00-7.00pm (JB*)																																		
STUDIO CYCLE 5.00-5.45pm (RD)	H.I.I.T 5.45-6.30pm (AL)	STUDIO CYCLE 6.15-7.00pm (RD)	STUDIO CYCLE 5.30-6.15pm (LP)	STREET DYNAMIX 7.00-8.00pm (JB*)																																		
TOTAL TONE 6.00-7.00pm (RD)	CARDIO KETTLE 6.00-7.00pm (BS)	BODY CONDITIONING 7.15-8.15PM (DJ)	PILATES 6.30-7.30pm (RJ)	STUDIO CYCLE 7.15-8.00pm (DJ)																																		
STEP 'N'TONE 7.00-8.00pm (DJ)	BOOGIE BOUNCE 7.30-8.15pm (LH)		BOOGIE BOUNCE 7.45-8.30pm (LH)																																			
AQUAFIT 7.30-8.30pm (SH)	TRI SWIM 8.00-9.00pm (KG)																																					
STUDIO CYCLE 8.15-9.00pm (BS)																																						

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