

			WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7
Class	Time	Location	20/07/2026	27/07/2026	03/08/2026	10/08/2026	17/08/2026	24/08/2026	31/08/2026
			Bank Holiday						
Monday									
GRIT	6.15am	S1	Donovan	Donovan	Donovan	Donovan	Donovan	Donovan	x
Body Pump	7am	S1	Ayesha	Ayesha	Ayesha	Ayesha	Ayesha	Ayesha	x
Sculpt	7.55am	S1	Clare	Clare	Clare	Clare	Clare	Clare	8.15 Clare
FTP Spin	8.50am	Spin	Clare	Clare	Clare	Clare	Clare	Clare	9.15am Clare
Yoga	8.50am	S2	Pamela	Pamela	Pamela	Pamela	Pamela	Pamela	x
B2B Pilates	9.30am	S1	Susanne	Lauren	Lauren	Lauren	Lauren	Lauren	Lauren
Hyrox	10am	Outdoor Gym	Lucy	Lucy	Kacey	Kacey	Kacey	Kacey	x
Fit Ball	10.30am	S2	Ayesha	Ayesha	Ayesha	Ayesha	Ayesha	Ayesha	Ayesha
Abs Conditioning	10.45am	S1	Lauren	Lauren	Lauren	Lauren	Lauren	Lauren	Lauren
Aqua HIIT	11.20am	Indoor Pool	Susanne	Ayesha	Ayesha	Ayesha	Ayesha	Ayesha	Ayesha
Power Yoga	11.30am	S2	Cat	Cat	Cat	Cat	Cat	Cat	Cat
Forever Fit	11.45pm	S1	Lauren	Lauren	Lauren	Lauren	Lauren	Lauren	Lauren
Pilates	1pm	S1	Lauren	Lauren	Lauren	Lauren	Lauren	Lauren	Lauren
Reformer Pilates	2.15pm	S2	Lauren	Lauren	Lauren	Lauren	Lauren	Lauren	Lauren
Tai Chi 24 Form	3pm	S1	Graham	Graham	Graham	Graham	Graham	Graham	x
Spin	6.30pm	Spin	Alex	Alex	Alex	Alex	Alex	Alex	Alex
Sivananda Yoga	6.30pm	S1	Alison	Alison	Alison	Alison	Alison	Alison	5pm Alison
HIIT	7.30pm	S1	Alex	Alex	Alex	Alex	Alex	Alex	x
Tuesday									
GRIT	6.15am	S1	Donovan	Donovan	Donovan	Donovan	Donovan	Donovan	Donovan
Spin	6.30am	Spin	Ayesha	Ayesha	Ayesha	Ayesha	Ayesha	Ayesha	Ayesha
Box Fit	7.15am	S2	Donovan	Donovam	Donovan	Donovan	Donovan	Donovan	Donovan
Sculpt	7.35am	S1	Clare	Clre	Clare	Clare	Clare	Clare	Clare
Bootcamp	8.30am	S1	Donovan	Donovan	Donovan	Donovan	Donovan	Donovan	Donovan
FTP Spin	8.30am	Spin	Clare	Clare	Clare	Clare	Clare	Clare	Clare
Body Pump	9.30am	S1	Gabrielle	Gabrielle	Gabrielle	Gabrielle	Gabrielle		
Aqua	9.45am	Indoor Pool	Na Young	Na Young	Clare	Clare	Clare	Clare	Na Young
TRX	10-10am	S2	Lucy	Lucy	Ryan	Donovan	Ryan	Ryan	Ryan
Zumba	10.45am	S2	Anita	Anita	Anita	Anita	Anita	Anita	Anita
Pilates	10.45am	S1	Yulia	Pamela	Pamela	Pamela	Pamela	Pamela	Charlotte
Vinyasa Flow Yoga	1–2pm	S1	Daisy	Cat	Sophie	Daisy	Daisy	Daisy	Daisy
Body Pump Heavy	5.30pm	S1	Gabrielle	Gabrielle	Gabrielle	Gabrielle	Gabrielle		
Circuits	6.45pm	S1	Roy	Roy	Roy	Roy	Roy	Roy	Roy
Wednesday									
Sculpt	7.45am	S1	Clare	Clare	Clare	Clare	Clare	Clare	Clare
Bootcamp & Stretch	8am	Outdoor Gym	Ryan	Ryan	Ryan	Ryan	Ryan	Ryan	Ryan
FTP Spin	8am	Spin	Clare	Clare	Clare	Clare	Clare	Clare	Clare
Vinyasa Flow Yoga	9am	S1	Michelle	Michelle	Michelle	Michelle	Michelle	Michelle	Michelle
Bootcamp & Stretch	9am	Outdoor Gym	Ryan	Ryan	Ryan	Ryan	Ryan	Ryan	Ryan
Fitball	10.05am	S2	Ayesha	Ayesha	Ayesha	Ayesha	Ayesha	Ayesha	Ayesha
Yin Yang Yoga	10.15am	S1	Aoife	Aoife	Aoife	Aoife	Aoife	Aoife	Aoife
Aqua	11am	Indoor Pool	Ayesha	Ayesha	Ayesha	Ayesha	Ayesha	Ayesha	Ayesha
Body Pump	11am	S2	Boryana	Boryana	Boryana	Boryana	Boryana	Boryana	Boryana
Pilates	11.30am	S1	Veronika	Chris	Eliza	Fiona	Fiona	Fiona	Fiona
Body Balance	12.15pm	S2	Boryana	Boryana	Boryana	Boryana	Boryana	Boryana	Boryana
Tai Chi TCA	2pm	S1	Graham	Graham	Graham	Graham	Graham	Graham	Graham
Tai Chi Sun 73	3pm	S1	Graham	Graham	Graham	Graham	Graham	Graham	Graham
Spin	6.30pm	Spin	Susanna	Susanna	Susanna	Susanna	Susanna	Susanna	Susanna
Pilates	6.30pm	S1	Yulia	Yulia	Charlotte	Daisy	Fiona	Charlotte	Charlotte
Thursday									
HIIT	6.15am	S1	Ricky	Ricky	Ricky	Ricky	Ricky	Ricky	Ricky
Body Pump Heavy	7.15am	S1	Gabrielle	Gabrielle	Gabrielle	Gabrielle	Gabrielle		
Hydro Circuits	8am	Outdoor Pool	Lucy	Lucy	Ayesha	Ayesha	Ayesha	Ayesha	Ayesha
Intermediate Pilates	8.45am	S1	Anna	Anna	Charlotte	Daisy	Charlotte	Charlotte	Charlotte
Body Pump	9am	S2	Ayesha	Ayesha	Ayesha	Ayesha	Ayesha	Ayesha	Ayesha
Bootcamp & Stretch	10am	Outdoor Gym	Nicole	Nicole	Ryan	Nicole	Nicole	Nicole	Nicole
Vinyasa Yoga	10am	S2	Pamela	Pamela	Pamela	Pamela	Pamela	Pamela	Melissa
Spin	10am	Spin	Ayesha	Ayesha	Ayesha	Ayesha	Ayesha	Ayesha	Ayesha
Forever Fit	10am	S1	Anita	Anita	Anita	Anita	Anita	Anita	Anita
Zumba	11am	S2	Anita	Anita	Anita	Anita	Anita	Anita	Anita

