

	06:00-11:30 (OFF PEAK)				11:30-13:30 (PEAK)				13:30-15:30 (OFF PEAK)	15:30-20:00 (PEAK)				20:00-22:30 (OFF PEAK)	
MONDAY	07:00-07:45 Wake Up Yoga Studio 2 Sarah	07:40-08:10 CXWorx Studio 1 Kyle	10:15-11:00 Body Balance Dojo Yvonne	11:15-12:15 Les Mills Tone Studio 1 Yvonne	12:30-13:15 Strength Training Ergo Chris S	12:30-13:15 Cycle Cycle Studio Adrian	13:00-13:45 Beginner's Yoga Dojo Sarah F	13:15-14:15 Women's Weights Ergo Wayne	14:00-15:00 Flow Yoga Dojo Roo	16:30-17:00 Abs Tone Studio 1 Dennis	17:00-18:00 Hatha Yoga Dojo Roo	17:50-18:20 Sprint Cycle Studio Helen	18:15-19:15 Women's Weights Ergo Chris S	19:00-20:00 Flow Yoga Dojo Rosanna	19:15-20:15 Total Body HIIT Ergo Simon D
	07:00-07:30 Sprint Cycle Studio Kyle	09:30-10:35 Body Pump Studio 1 Jan	10:40-11:30 RPM Cycle Studio Jan		12:15-13:15 Pilates Studio 2 Claire	12:30-13:15 Aqua Fit Pool Yvonne	13:00-13:50 Body Pump Studio 1 Esther			17:00-18:00 Hatha Yoga Dojo Roo	17:15-18:15 Circuits Studio 1 Dennis	18:00-19:00 Pilates Dojo Esther	18:30-19:00 GRIT Studio 1 Helen	19:10-20:10 LBT Studio 2 Esther	19:15-20:00 Aqua Fit Pool Olga
										17:00-17:45 Beginner's Cycle Cycle Studio Esther	17:15-18:15 Strength Training Ergo Chris S	18:00-19:00 Zumba Studio 2 Katerina	18:30-19:30 Cycle Cycle Studio Chris A	19:10-20:15 Body Pump Studio 1 Emma B	20:15-21:05 Sh'Bam Studio 1 Helen
TUESDAY	06:45-07:35 Body Pump Studio 1 Esther	07:30-08:30 Wake Up Yoga Dojo Victoria	09:30-10:30 Body Attack Studio 1 Nat	11:15-12:00 Pilates Studio 2 Laura	12:10-12:55 Lower Body Conditioning Ergo Laura	12:30-13:15 Swim Fitness Pool Kieron	13:00-13:45 Les Mills Tone Studio 1 Laura	13:05-13:50 RPM Cycle Studio Yvonne	14:00-15:00 LBT Circuits Studio 2 Dennis	16:15-17:15 Zumba Studio 1 Yasmin	17:15-18:00 Body Balance Dojo Helen	17:25-18:25 Les Mills Tone Studio 2 Yvonne	18:15-19:05 Body Pump Studio 1 Helen	19:10-19:40 Sprint Cycle Studio Emma B	
	07:15-08:15 Cycle Cycle Studio Chris Z	08:00-08:45 Pilates IBR, Med School Esther	10:30-11:15 Body Pump Studio 1 Nat		12:10-12:55 Body Balance Studio 1 Yvonne	12:45-13:45 Flow Yoga Dojo Rosanna	13:00-13:45 Women's Weights Ergo Wayne			17:00-18:00 Cycle Cycle Studio Sophie	17:15-18:15 Women's Weights Ergo Wayne	18:05-19:05 Cycle Cycle Studio Paul	18:15-19:15 Yin Yoga Dojo Roo	19:10-20:00 Body Attack Studio 1 Patrick	
										17:15-18:15 Campus Circuits Reception Dennis	17:15-18:15 Body Combat Studio 1 Shereece	18:15-19:15 Strength Training Ergo Wayne	18:30-19:30 Circuits Studio 2 Dennis	20:00-21:00 LBT Studio 1 Vicki	
WEDNESDAY	07:00-07:30 Body Attack Express Studio 1 Emma B	07:30-08:30 Wake Up Yoga Dojo Sarah F	10:00-11:00 Yin Yoga Dojo Roo	11:00-12:00 Beginner's Cycle Cycle Studio Esther	12:00-13:00 Ashtanga Yoga Dojo Robin	12:30-13:00 CXWorx Studio 1 Jan	13:00-13:30 Handstand Practice Dojo Robin		14:00-15:00 Beginner's Pilates Studio 2 Esther	16:00-17:00 Arms & Abs Ergo Sarah G	17:05-17:55 RPM Cycle Studio Yvonne	18:05-19:05 LBT Studio 2 Olga	19:00-19:55 Cycle Cycle Studio Abbie	20:00-20:30 Sprint Disco Cycle Studio Maddie	
	07:20-08:05 Cycle Cycle Studio Laura	09:30-10:30 Body Combat Studio 1 Laura	10:30-11:35 Body Pump Studio 1 Laura		12:15-13:00 Women's Weights Ergo Chris S	12:30-13:15 Aqua Fit Pool Esther	13:00-13:45 Pilates Studio 2 Claire			16:20-17:20 Boxercise Studio 1 David	17:30-18:30 Body Attack Studio 1 Emma B	18:05-18:55 Beginner's Cycle Cycle Studio Abbie	19:15-20:15 Women's Weights Ergo Sarah G	20:30-21:30 Body Step Studio 1 Dan	
					12:15-13:00 Cycle Cycle Studio Laura	13:05-13:35 Body Pump Express Studio 1 Jan	13:10-13:55 Intro to Strength Training Ergo Chris S			17:00-18:00 Flow Yoga Studio 2 Tina	18:00-19:00 Women's Yoga Dojo Sarah F	18:30-19:35 Body Pump Studio 1 Kyle	19:40-20:30 Sh'Bam Studio 1 Kyle		
THURSDAY	06:35-07:25 RPM Cycle Studio Kyle	07:35-08:05 CXWorx Studio 1 Kyle	09:30-10:20 RPM Cycle Studio Yvonne	10:45-11:45 Beginner's Pilates Studio 2 Esther	12:10-13:00 Body Pump Studio 1 Esther	12:15-12:45 Sprint Cycle Studio Emma B	13:00-14:00 Hatha Yoga Dojo Roo	13:10-13:55 Legs & Glutes Ergo Sarah G	14:00-15:00 Cycle Cycle Studio Laura	16:10-17:10 Body Jam Studio 1 Michelle E	17:15-18:15 Women's Weights Ergo Janine	18:15-17:00 Beginner's Yoga Studio 2 Medina	19:15-20:15 Body Balance Studio 1 Yvonne	20:15-21:15 Zumba Studio 1 Vincenza	
	07:30-08:30 Cycle Cycle Studio Chris Z	07:30-08:30 Tai Chi Studio 2 Olav	10:30-11:25 Les Mills Tone Studio 1 Yvonne		12:15-13:00 Strength Training Ergo Wayne	12:30-13:15 Swim Fitness Pool Kieron	13:05-13:50 Beginner's Cycle Cycle Studio Esther		15:00-16:00 Upper Body Conditioning Ergo Laura	17:05-18:05 Cycle Cycle Studio Sophie	17:15-18:10 LBT Studio 2 Emma B	18:15-19:15 Body Attack Studio 1 Helen	19:15-20:15 Squats & Deadlifts Ergo Sarah G		
										17:10-18:15 Body Pump Studio 1 Michelle	18:10-19:10 Cycle Cycle Studio Paul	18:15-19:15 Total Body HIIT Ergo Janine	19:10-20:10 Boxercise Studio 2 Emma J		
FRIDAY	07:00-08:05 Body Pump Studio 1 Helen	07:30-08:30 Cycle Cycle Studio Paul	10:30-11:35 Body Pump Studio 1 Nat	11:15-12:00 Intro to Strength Training Ergo Simon D	12:00-13:00 Hatha Yoga Dojo Natalie	12:30-13:15 Cycle Cycle Studio Esther	13:00-13:45 Les Mills Tone Studio 1 Laura	12:30-13:15 Abs Tone Studio 2 Dennis	15:00-16:00 Pilates Studio 2 Laura	16:15-17:15 Body Balance Studio 1 Yvonne	17:00-18:00 Circuits Studio 2 Dennis	17:20-18:20 Body Combat Studio 1 Laura	18:00-18:30 GRIT Studio 2 Sharyn	18:20-19:25 Body Pump Studio 1 Esther	19:15-20:15 Flow Yoga Studio 2 Richard
	07:30-08:30 Wake Up Yoga Dojo Roo	09:30-10:30 Body Combat Studio 1 Nat	10:30-11:30 Tai Chi Dojo Yang		12:15-13:00 Women's Weights Ergo Wayne	12:30-13:15 Aqua Fit Pool Michelle E	13:00-14:00 Ashtanga Yoga Dojo Robin			16:15-17:15 Cycle Cycle Studio Laura	17:15-18:15 Women's Weights Ergo Simon D	17:25-18:10 RPM Cycle Studio Yvonne	18:10-18:55 Aqua Natal Pool Jacque	18:40-19:10 CXWorx Studio 2 Sharyn	19:30-20:30 Body Step Studio 1 Dan

07:00-08:30 (OFF PEAK)		08:30-13:00 (PEAK)					13:00-20:00 (OFF PEAK)	
SATURDAY	07:30-08:30 Cycle Cycle Studio Sophie	09:00-10:00 Body Attack Studio 1 Helen	09:30-10:30 Dynamic Yoga Dojo Fer	10:05-11:10 Body Pump Studio 1 Helen	11:15-12:15 Beginner's Cycle Cycle Studio Abbie/Paul		12:15-13:15 Body Balance Studio 1 Helen	13:35-14:05 CXWorx Studio 1 Jan
		09:15-10:05 RPM Cycle Studio Kyle	10:00-11:00 Women's Weights Ergo Simon D	10:10-11:10 Cycle Cycle Studio Abbie/Paul	11:15-12:15 Les Mills Tone Studio 1 Yvonne		13:00-13:00 Sprint Cycle Studio Jan	14:10-15:10 Zumba Step Studio 1 Yasmin

**KEY**

**CARDIO**

**AQUA**

**TONING**

**DANCE**

**HOLISTIC**

**SMALL GROUP TRAINING**

07:00-20:00 (OFF PEAK)								
SUNDAY	09:00-10:00 Strength Training Ergo Janine	09:30-11:00 Iyengar Yoga Dojo Ruth	10:20-11:20 Cycle Cycle Studio Jacqui	11:30-12:30 Body Combat Studio 1 Sue K	13:00-14:00 Body Jam Studio 1 Michelle S	15:10-16:10 Body Balance Studio 1 Laura		
	09:30-10:15 Beginner's Cycle Cycle Studio Jacqui	10:00-11:00 Women's Weights Ergo Janine	11:00-12:00 Total Body HIIT Ergo Janine	12:00-12:45 Aqua Fit Pool Jacqui	14:00-15:05 Body Pump Studio 1 Laura	19:00-20:00 Flow Yoga Studio 1 Richard		