

Morning Sessions

Evening Sessions

	Morning Sessions				Evening Sessions			
Mon		T3 BLAST 9:30 - 10:05					INDOOR CYCLING 19.45 - 20.30	
Tue						INDOOR CYCLING 18.30 - 19.15		
Wed		BODY FLOW 9.30 - 10.30			INDOOR CYCLING 18.00 - 18.45	T3 BLAST 19.00 - 19.35		
Thurs					INDOOR CYCLING (BEGINNER) 18:30 - 19:15	KETTLEBELLS 19.30 - 20.30	INDOOR CYCLING 19.45 - 20.30	
Fri		INDOOR CYCLING (BEGINNER) 9.30 - 10.15		AB-TASTIC 10.20 - 10.50				
Sat		BOOTCAMP 9.00 - 10.00						