

Week commencing 2nd October 2017

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
M O R N I N G	R.I.P.P.E.D 6.15-6.45am	R.I.P.P.E.D 6.15 - 6.45am	R.I.P.P.E.D 6.15 - 6.45am	R.I.P.P.E.D 6.15 - 6.45am	R.I.P.P.E.D 6.15 - 6.45am	INDOOR CYCLING 10.30-11.00am
	INDOOR CYCLING 9.30-10.00am	INDOOR CYCLING 7.15-7.45am	INDOOR CYCLING 9.30-10.00am	CARDIO BLAST 9.45-10.15am	INDOOR CYCLING 9.30-10.00am	ABS ATTACK 11.10-11.30am
	YOGA 9.30-11.00am	CIRCUITS 9.45-10.15am	KETTLEBELLS 10.00-10.30am	WATER AEROBICS 10.30-11.00am	MUSCLE EXPRESS 10.00 – 10.30am	
	WATER AEROBICS 10.30-11.00am	WATER AEROBICS 10.30-11.00am	PILATES 10.30-11.30am		WATER AEROBICS 10.30-11am	
	PILATES 1.15-2.00pm					
E V E N I N G	INDOOR CYCLING 6.15-6.45pm	KETTLEBELLS 7.00 – 7.30pm	CIRCUITS 6.30-7.00pm	YOGA 6.30-8.00pm	R.I.P.P.E.D 6.30-7.10pm	INDOOR CYCLING 10.30-11.00am
	STUDIO SCULPT 6.45-7.15pm	YOGALATES 7.30 – 8.30pm	INDOOR CYCLING 7.00-7.30pm	INDOOR CYCLING 7.15-8.00pm		ABS ATTACK 11.10-11.30am
	INDOOR CYCLING 7.30 – 8.15PM					