



	Date	Day	Class	Time	Instructor
<b>Week 1</b>	28.10.19	Monday	Indoor Cycling	6.30-7.15pm	Ceri
	28.10.19	Monday	HIIT	7.30-8.30pm	Ceri
	29.10.19	Tuesday	Cardio/Core	7-7.45pm	Sammy
	29.10.19	Tuesday	Body Pump	8-9pm	Sammy
	30.10.19	Wednesday	Indoor Cycling / Circuits	7-7.45pm	William
	30.10.19	Wednesday	Power Hour	8-9pm	Ceri
	02.11.19	Saturday	Cardio Mix	10.30-11.15am	William
<b>Week 2</b>	04.11.19	Monday	Indoor Cycling	6.30-7.15pm	Ceri
	04.11.19	Monday	HIIT	7.30-8.30pm	Ceri
	05.11.19	Tuesday	Cardio/Core	7-7.45pm	Sammy
	05.11.19	Tuesday	Body Pump	8-9pm	Sammy
	06.11.19	Wednesday	Indoor Cycling / Circuits	7-7.45pm	William
	06.11.19	Wednesday	Power Hour	8-9pm	Ceri
	09.11.19	Saturday	Cardio Mix	10.30-11.15am	TBC
<b>Week 3</b>	11.11.19	Monday	Indoor Cycling	6.30-7.15pm	Ceri
	11.11.19	Monday	HIIT	7.30-8.30pm	Ceri
	12.11.19	Tuesday	Cardio/Core	7-7.45pm	Sammy
	12.11.19	Tuesday	Body Pump	8-9pm	Sammy
	13.11.19	Wednesday	Indoor Cycling / Circuits	7-7.45pm	William
	13.11.19	Wednesday	Power Hour	8-9pm	Ceri
	16.11.19	Saturday	Cardio Mix	10.30-11.15am	Sammy
<b>Week 4</b>	18.11.19	Monday	Indoor Cycling	6.30-7.15pm	Ceri
	18.11.19	Monday	HIIT	7.30-8.30pm	Ceri
	19.11.19	Tuesday	Cardio/Core	7-7.45pm	Sammy
	19.11.19	Tuesday	Body Pump	8-9pm	Sammy
	20.11.19	Wednesday	Indoor Cycling / Circuits	7-7.45pm	William
	20.11.19	Wednesday	Power Hour	8-9pm	Ceri
	23.11.19	Saturday	Cardio Mix	10.30-11.15am	Ceri
<b>Week 5</b>	25.11.19	Monday	Indoor Cycling	6.30-7.15pm	Ceri
	25.11.19	Monday	HIIT	7.30-8.30pm	Ceri
	26.11.19	Tuesday	Cardio/Core	7-7.45pm	Sammy
	26.11.19	Tuesday	Body Pump	8-9pm	Sammy
	27.11.19	Wednesday	Indoor Cycling / Circuits	7-7.45pm	William
	27.11.19	Wednesday	Power Hour	8-9pm	Ceri
	30.11.19	Saturday	Cardio Mix	10.30-11.15am	William
<b>Week 6</b>	02.12.19	Monday	Indoor Cycling	6.30-7.15pm	Ceri
	02.12.19	Monday	HIIT	7.30-8.30pm	Ceri
	03.12.19	Tuesday	Cardio/Core	7-7.45pm	Sammy
	03.12.19	Tuesday	Body Pump	8-9pm	Sammy
	04.12.19	Wednesday	Indoor Cycling / Circuits	7-7.45pm	William
	04.12.19	Wednesday	Power Hour	8-9pm	Ceri
	07.12.19	Saturday	Cardio Mix	10.30-11.15am	Sammy
<b>Week 7</b>	09.12.19	Monday	Indoor Cycling	6.30-7.15pm	Ceri
	09.12.19	Monday	HIIT	7.30-8.30pm	Ceri
	10.12.19	Tuesday	Cardio/Core	7-7.45pm	Sammy
	10.12.19	Tuesday	Body Pump	8-9pm	Sammy
	11.12.19	Wednesday	Indoor Cycling / Circuits	7-7.45pm	William
	11.12.19	Wednesday	Power Hour	8-9pm	Ceri
	14.12.19	Saturday	Cardio Mix	10.30-11.15am	Ceri
<b>Week 8</b>	16.12.19	Monday	Indoor Cycling	6.30-7.15pm	Ceri
	16.12.19	Monday	HIIT	7.30-8.30pm	Ceri
	17.12.19	Tuesday	Cardio/Core	7-7.45pm	Sammy
	17.12.19	Tuesday	Body Pump	8-9pm	Sammy
	18.12.19	Wednesday	Indoor Cycling / Circuits	7-7.45pm	William
	18.12.19	Wednesday	Power Hour	8-9pm	Ceri
	21.12.19	Saturday	Cardio Mix	10.30-11.15am	William