

Cardiovascular class (healthy heart and muscles)



Relaxing classes working on the mind and body.



Monday			5.30-6.30pm DANCERSIZE (Lesley) Studio	6.30-7.30 PILATES (Lesley) Classroom	7.00-8.00 COMBAT Shona Studio	
Tuesday	7.00-7.30am SPINNING (Gym Staff) Studio	5.15-6.15pm AEROBICS (Stacey) Studio	6.15-7.00pm SALSA (Stacey) Studio	7.00-8.00pm PUMP IT UP (Stacey) Studio	6.00-7.00pm BOXERCISE (Sarah) Studio/sports hall	7.00-8.00pm CIRCUIT TRAINING (Shona) Sports hall
Wednesday	10.30-11.30 YOUNG @ HEART (Gym Staff) Cafe Bar *			6.00-7.00pm SPINNING Julie Studio		8.00-9.00pm CARDIO KICK (Grace) Studio
Thursday		5.15-6.00 ABS BLAST Studio Stacey	5.45-6.45pm YOGA (Lesley) Classroom	6.00-7.00pm PUMP IT UP Grace studio *	7.00-8.00 MIND,BODY,SOUL (Grace) Studio *	7.00-8.00pm BODY BURN Studio Shona
Friday	7.00-7.30am MORNING SPIN (Stacey) Studio					

*Start date to be confirmed

