



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Gym Circuits 07.00-07.30 FitnessMadNik		Spin and Abs 07.00-07.30 Ryan Stirling		HIIT and Abs 07.00-07.30 Katie Ford	The Bells Circuit 08.30-09.00 FIT4IT Instructor	<i>(Fortnightly)</i> YOGA 10:00-10:45 Gemma Lupton
'Get Results' Group PT (Fitness) 09.30-10.15 FitnessMadNik				'Get Results' Ladies Group PT (Toning/ Fitness) 09.30-10.15 Katie Ford	SpinCamp 09.15-09.45 FIT4IT Instructor	<i>FIND FREE WORKOUTS (LAMINATES) IN THE GYM</i>
HIIT & Abs 12.00-12.30 FitnessMadNik		HIIT and Abs 12.00-12.30 Ryan Stirling			'Get Results' Group PT (Strength & Fitness) 10.15-11.00 FMN/ FIT4IT TEAM	
Legs,Bums,Tums 17.45-18.15 Katie Ford/ Berenice	Spin 17.45-18.15 Amanda M-Y		Club Spin 17.45-18.15 Berenice 'Beasty B'	Cycle & Functional Circuit 17:45-18.15 Berenice 'Beasty B'		
'Get Results' Group PT (Toning/ Strength) 18.30-19.15 Katie Ford	'Get Results' Group Boxing PT 18.30-19.15 Amanda M-Y	Full Body Fitness Class 18:15-18:45 Laura McNally	'Get Results' Group PT (Toning/ Strength) 18.30-19.15 Berenice 'Beasty B'			
YOGA 19.30-20.15 Katie Ford	Cycle & Bodyweight Circuit 19.30-20.00 Amanda M-Y	YOGA 19:00-20.00 Kay Heeley	Full Body Functional Circuit 19.30-20.00 Berenice 'Beasty B'			

All (15x) 30 minute sessions are FREE on Classes Membership + Yoga Classes

Mind Body & Relaxation; Both 45 minute Yoga sessions are FREE on Classes Membership

All Classes on Timetable including 'Get Results' Small Group PT (Bootcamp) sessions are FREE on VIP Membership