

Mondays**(30 September – 15 December 2019)**

Time	Exercise Class	Location	Instructor
07:15 - 08:00	Keiser Cycle	Studio 3	Liz W
07:00 - 07:45	Body Combat	Studio 2	Kevin
07:30 - 08:30	Hatha Yoga	Studio 1	Gerry
07:30 - 08:00	Edge HITT	Gym Floor	Gym Team
07:50 - 08:35	Insanity	Studio 2	Kiran
07:55 - 09:00	Les Mills Body Pump	Studio 1	Virtual
09:00 - 09:55	P90X Live	Studio 2	Krysia
10:00 - 10:35	Les Mills Body Combat	Studio 1	Virtual
10:00 - 10:35	NEW GRIT Cardio	Studio 2	Michelle
10:00 - 10:45	Virtual Cycle	Studio 3	Virtual
10:45 - 11:45	Les Mills Body Balance	Studio 1	Virtual
11:00 - 11:55	Ashtanga Vinyasa Yoga	Studio 2	Miz
12:00 - 12:45	Box Fit	Studio 2	Natalie
12:00 - 12:55	Circuits	Cromer Terrace Studio	Jon
12:00 - 12:45	Virtual Cycle	Studio 3	Virtual
12:00 - 12:45	Bum, Legs and Tums	Studio 1	Claire B H
12:30 - 13:00	Edge HITT	Gym Floor	Gym Team
13:00 - 13:35	Body Pump	Cromer Terrace Studio	Mo
12:45 - 13:30	Pilates	Studio 1	Claire B H
13:00 - 13:45	Keiser Cycle	Studio 3	Patrick
13:00 - 14:00	Swim Fit	Swimming Pool	Jake
12:50 - 13:35	Clubbercise	Studio 2	Krysia
13:15 - 13:45	NEW Kettlebells	Gym Floor	Gym Team
13:45 - 14:45	Les Mills Body Pump	Studio 1	Virtual
14:00 - 15:00	Body Pump	Studio 2	Kiran
15:15 - 16:00	Les Mills Sh'Bam Mandarin	Studio 1	Virtual
15:00 - 15:45	Freestyle Kickboxing	Studio2	Andrew
16:00 - 16:35	NEW GRIT Cardio	Studio2	Mo
15:20 - 16:00	Virtual Cycle	Studio 3	Virtual
16:30 - 17:15	Hatha Yoga	Studio 1	Claire B H
16:30 - 16:50	Virtual Cycle	Studio 3	Virtual
16:45 - 17:40	Body Jam	Studio 2	Pablo
17:15 - 18:00	Pilates	Studio 1	Claire B H
17:30 - 18:00	Edge HITT	Gym Floor	Gym Team
17:30 - 18:15	Keiser Cycle	Studio 3	Liz W
17:45 - 18:45	Body Pump	Studio 2	Marie
18:15 - 18:45	NEW Kettlebells	Gym Floor	Gym Team
18:15 - 19:15	Zumba	Studio 1	Claire C
18:45 - 19:45	Hatha Yoga	Studio 2	Marie
19:15 - 20:00	Keiser Cycle	Studio 3	Aimee

Tuesdays**(30 September – 15 December 2019)**

Time	Exercise Class	Location	Instructor
07:00 - 08:00	Body Pump	Studio 2	Lee
07:00 - 07:45	Keiser Cycle	Studio 3	Liz W
07:10 - 07:45	Les Mills Body Combat	Studio 1	Virtual
07:30 - 08:00	Edge HIIT	Gym Floor	Gym Team
08:00 - 09:00	Les Mills Body Balance	Studio 1	Virtual
09:00 - 10:00	Virtual Cycle	Studio 3	Virtual
09:15 - 09:50	Les Mills Cxworx	Studio 1	Virtual
09:45 - 10:45	Pilates	Studio 2	Carla
10:00 - 10:45	Les Mills Shbam	Studio 1	Virtual
10:30 - 11:15	Keiser Cycle	Studio 3	Patrick
10:15 - 11:15	Body Pump Beginner Technique Class	Studio 2	Louise
11:00 - 11:55	Vinyassa Yoga	Studio 1	Gerry
11:15 - 12:10	Body Pump	Studio 2	Louise
12:00 - 12:55	Barre Pilates	Studio 1	Cristina
12:15 - 13:00	Keiser Cycle	Studio 3	Aimee
12:15 - 13:00	HIIT Circuits	Studio 2	Natalie
12:30 - 13:00	Edge HIIT	Gym Floor	Gym Team
13:00 - 14:00	Body Combat	Studio 2	Kevin
13:05 - 14:00	NEW Garuda Matwork Pilates	Cromer Terrace Studio	Sandra
13:05 - 13:50	Piyo	Studio 1	Krysia
13:15 - 13:45	NEW Kettlebells	Gym Floor	Gym Team
13:30-14:30	Virtual Cycle	Studio 3	Virtual
13:55 - 14:55	Yoga	Studio 1	Sarah M
15:00 - 15:45	Virtual Cycle	Studio 3	Virtual
14:25 - 15:25	Pilates	Studio 2	Sandra
15:00 - 15:55	Ballet	Studio 1	Sarah
15:30 - 16:30	Freestyle Kickboxing	Studio 2	Andrew
16:00 - 16:35	Virtual Hiit	Studio 1	Virtual
16:00 - 16:25	Virtual Cycle	Studio 3	Virtual
16:35 - 17:30	P90X Live	Studio 2	Michelle
17:00 - 17:45	Pilates	Studio 1	Claire B H
17:30 - 18:00	Edge HIIT	Gym Floor	Gym Team
17:30 - 18:30	Body Pump	Studio 2	Kiran
17:30 - 18:15	Keiser Cycle	Studio 3	Liz W
17:45 - 18:30	Hatha Yoga	Studio 1	Claire B H
17:45 - 18:30	Shallow Aqua	Swimming Pool	Krysia
18:15 - 18:45	NEW Kettlebells	Gym Floor	Gym Team
18:30 - 19:30	Kung Fu	Studio 1	Andy
18:30 - 19:00	Insanity	Studio 2	Kiran
19:00 - 19:30	NEW GRIT Strength	Studio 2	Kiran
18:30 - 19:15	Keiser Cycle	Studio 3	Natalie
19:35 - 20:30	Zumba	Studio 2	Lucy

Wednesdays**(30 September – 15 December 2019)**

Time	Exercise Class	Location	Instructor
07:00 - 07:45	SPA Keiser Cycle	Studio 3	Aimee
06:55 - 07:25	NEW GRIT Cardio	Studio 2	Tori
07:30 - 08:00	NEW GRIT Strength	Studio 2	Tori
07:00 - 07:55	Les Mills Body Balance	Studio 1	Virtual
07:30 - 08:00	Edge HIIT	Gym Floor	Gym Team
08:05 - 08:50	Fitness Yoga	Studio 2	Kiran
08:00 - 08:30	Virtual HIIT	Studio 1	Virtual
08:00 - 08:45	Virtual Cycle	Studio 3	Virtual
09:00 - 10:00	BLT	Studio 2	Patrick
08:45 - 09:20	Les Mills Body Pump	Studio 1	Virtual
09:00 - 10:00	Virtual Cycle	Studio 3	Virtual
09:25 - 10:00	Les Mills Sh'Bam	Studio 1	Virtual
11:15 - 12:00	Gorgeous Glutes	Studio 1	Claire B H
11:25 - 11:55	Box Fit	Studio 2	Krysia
12:00 - 12:45	Pilates	Studio 1	Alison
12:00 - 12:45	Fab Abs	Studio 2	Claire B H
12:30 - 13:15	Keiser Cycle	Studio 3	Lucy a
12:30 - 13:00	Edge HIIT	Gym Floor	Gym Team
12:00 - 13:00	Circuits	Cromer Terrace Studio	Jon
12:50 - 13:35	Body Pump	Studio 2	Rebecca P
12:50 - 13:35	BLT	Studio 1	Alison
13:00 - 13:45	Shallow Aqua	Swimming Pool	Krysia
13:15 - 13:45	NEW Kettlebells	Gym Floor	Gym Team
13:30 - 14:15	Virtual Cycle	Studio 3	Virtual
14:00 - 14:45	Ballet Fit	Studio 2	Cristina
14:00 - 14:45	Pilates	Studio 1	Claire
14:30 - 15:15	Keiser Cycle	Studio 3	Lucy a
15:00 - 16:00	Body Pump	Studio 2	Kiran
14:45 - 15:30	Hatha Yoga	Studio 1	Claire
15:20 - 16:00	Virtual Cycle	Studio 3	Virtual
16:00 - 16:55	Les Mills Body Pump	Studio 1	Virtual
16:50 - 17:25	NEW GRIT Strength	Studio 2	Michelle
17:15 - 18:00	SPA Pilates	Studio 1	Rebecca P
17:15 - 18:00	Keiser Cycle	Studio 3	Liz
17:30 - 18:00	Edge HIIT	Gym Floor	Gym Team
17:30 - 18:25	Zumba	Studio 2	Annica
18:05 - 19:00	Phat n Phunky	Studio 1	Kat
18:15 - 18:45	NEW Kettlebells	Gym Floor	Gym Team
18:30 - 19:30	Body Pump	Studio 2	Dawn
19:15 - 20:00	Les Mills Body Balance	Studio 1	Virtual
19:15 - 20:00	Keiser Cycle	Studio 3	Lucy A
19:35 - 20:30	Street Dance	Studio 2	Kat
20:10 - 20:55	Virtual Cycle	Studio 3	Virtual

Thursdays**(30 September – 15 December 2019)**

Time	Exercise Class	Location	Instructor
07:00 - 08:00	Body Pump	Studio 2	Lee
07:00 - 07:45	Keiser Cycle	Studio 3	liz
06:50 - 07:25	Les Mills Bodypump Beginner	Studio 1	Virtual
07:30-08:00	Edge HIIT	Gym Floor	Gym Team
07:30 - 8:45	NEW Yin/Yang Yoga	Studio 1	Miz
09:00 - 09:45	Les Mills Sh'Bam	Studio 1	Virtual
09:00 - 09:45	Virtual Cycle	Studio 3	Virtual
10:00 - 11:00	Virtual Cycle	Studio 3	Virtual
09:55 - 10:25	NEW GRIT Cardio	Studio 2	Jodie
10:30 - 11:00	NEW GRIT Strength	Studio 2	Jodie
10:50 - 11:50	Les Mills Body Pump	Studio 1	Virtual
11:20 - 11:45	Virtual Cycle	Studio 3	Virtual
12:00 - 13:00	Body Combat	Studio 2	Kevin
12:00 - 12:45	Pilates	Studio 1	Claire
12:00 - 13:00	Swim Fit	Swimming Pool	Jake H
12:30 - 13:15	Keiser Cycle	Studio 3	Rebecca p
12:30 - 13:00	Edge HIIT	Gym Floor	Gym Team
13:00 - 13:55	Body Pump	Studio 2	Kiran
12:45 - 13:30	Pilates	Studio 1	Claire
13:00 - 13:55	Ballet Fit	Cromer Terrace Studio	Sarah
13:15 - 13:45	NEW Kettlebells	Gym Floor	Gym Team
14:00 - 15:00	Insanity	Studio 2	Kiran
14:15 - 15:15	Barre Pilates	Studio 1	Sarah
15:00 - 16:00	Ashtanga Yoga	Studio 2	Miz
16:00 - 16:55	Les Mills Body Balance	Studio 1	Virtual
15:15 - 16:00	Virtual Cycle	Studio 3	Virtual
16:00 - 16:45	Yoga	Cromer Terrace Studio	Kiran
16:00 - 16:25	Virtual Cycle	Studio 3	Virtual
17:00 - 18:00	Kung Fu	Studio 1	Andy
16:45 - 17:40	Zumba	Studio 2	Annica
17:00 - 18:00	Boxercise	Cromer Terrace Studio	Gina K
17:15 - 18:00	Keiser Cycle	Studio 3	Patrick
17:30 - 18:00	Edge HIIT	Gym Floor	Gym Team
17:45 - 18:40	Body Pump	Studio 2	Elizabeth
18:15 - 18:45	NEW Kettlebells	Gym Floor	Gym Team
18:50 - 19:25	GRIT Cardio	Studio 2	Tori
19:15 - 20:00	Keiser Cycle	Studio 3	Natalie
19:30 - 20:30	Body Jam	Studio 2	Pablo

Fridays**(30 September – 15 December 2019)**

Time	Exercise Class	Location	Instructor
07:00 - 07:45	Body Pump	Studio 2	Jodie
07:15 - 08:00	Beginners Iyengar Yoga	Studio 1	Gerda
07:00 - 07:45	Keiser Cycle	Studio 3	Lucy
07:45 - 08:30	NEW GRIT Cardio	Studio 2	Kiran
08:00 - 09:00	Improvers Iyengar Yoga	Studio 1	Gerda
08:00 - 09:00	Virtual Cycle	Studio 3	Virtual
09:20 - 09:45	Virtual Cycle	Studio 3	Virtual
10:00 - 11:00	Virtual Cycle	Studio 3	Virtual
09:15 - 10:20	Les Mills Body Pump	Studio 1	Virtual
10:25 - 10:55	Les Mills CXworX	Studio 1	Virtual
11:00 - 11:45	Pilates	Studio 1	Claire B H
11:10 - 11:55	Virtual Cycle	Studio 3	Virtual
12:15 - 12:45	NEW GRIT Strength	Studio 2	Kiran
12:00 - 12:45	Keiser Cycle	Studio 3	Krysia
12:00 - 12:45	Ballet Fit	Studio 1	Chirelle
12:00 - 13:00	Circuits	Cromer Terrace Studio	Jon
12:55 - 13:40	Clubbercise	Studio 2	krysia
13:00 - 13:45	Barre Pilates	Studio 1	Chirelle
13:00 - 13:45	Keiser Cycle	Studio 3	Tom
13:45 - 14:30	LBT	Studio 2	Krysia
14:00 - 14:45	Barre Pilates	Studio 1	Cristina
14:00 - 14:55	NEW Garuda Matwork Pilates	Studio 1	Sandra
14:45 - 15:20	NEW GRIT Cardio	Studio 2	Tori
15:00 - 15:35	Virtual Hiit	Studio 1	Virtual
15:30 - 16:25	Body Pump	Studio 2	Louise
15:40-16:15	Les Mills Body Combat	Studio 1	Virtual
16:00 - 17:00	Virtual Cycle	Studio 3	Virtual
16:15 - 17:00	Pilates on the Ball	Studio 1	Claire BH
16:30 - 17:30	Zumba	Studio 2	Vincente
17:00 - 17:45	Hatha Yoga	Studio 1	Claire BH
17:45 - 18:30	Keiser Cycle	Studio 3	Manny
17:45 - 18:30	Yoga Nidra	Studio 1	Claire BH
18:35 - 19:35	NEW Tai Chi	Studio 1	Peter

Saturdays

(30 September – 15 December 2019)

Time	Exercise Class	Location	Instructor
07:45 - 08:20	Virtual Hiit Max	Studio 1	Virtual
08:00 - 08:45	Virtual Cycle	Studio 3	Virtual
08:30 - 09:35	Les Mills Body Pump	Studio 1	Virtual
09:00 - 09:45	Virtual Cycle	Studio 3	Virtual
08:30 - 09:00	NEW GRIT Athletic	Studio 2	Mo
09:05 - 09:35	NEW GRIT Strength	Studio 2	Mo
09:45 - 10:45	Pilates	Studio 2	Naomi
10:00 - 10:45	Virtual Cycle	Studio 3	Virtual
10:45 - 11:45	Zumba	Studio 2	Annica
11:30 - 12:15	Keiser Cycle	Studio 3	Liz
11:45 - 12:45	Body Combat	Studio 2	Marie
12:50 - 13:50	Body Pump	Studio 2	Marie
13:55 - 14:25	Fab Abs	Studio 2	Marie
14:00 - 14:45	Keiser Cycle	Studio 3	Mo
15:00 - 15:25	Virtual Cycle	Studio 3	Virtual
16:00 - 16:45	Virtual Cycle	Studio 3	Virtual
17:00 - 18:00	Virtual Cycle	Studio 3	Virtual
17:00 - 18:00	Les Mills Body Pump Mandarin	Studio 1	Virtual

Sundays

Time	Exercise Class	Location	Instructor
08:50 - 09:55	Les Mills Body Pump	Studio 1	Virtual
08:00 - 08:45	Virtual Cycle	Studio 3	Virtual
09:00 - 09:45	Zumba	Studio 2	Claire C
10:30 - 11:15	Keiser Cycle	Studio 3	Liz
12:00 - 13:00	Virtual Cycle	Studio 3	Virtual
12:30-13:30	Body Pump & Combat	Studio 2	Kevin
13:30 - 14:15	Keiser Cycle	Studio 3	Manny
15:00 - 15:45	Virtual Cycle	Studio 3	Virtual
17:00 - 18:00	Virtual Cycle	Studio 3	Virtual
18:00 - 18:50	Les Mills Sh'Bam	Studio 1	Virtual
19:00 - 19:35	Les Mills Body Combat Mandarin	Studio 1	Virtual