

STUDIO 1							
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:00-08:30							
08:30-09:00							
09:00-09:30	09:15-10:15 Yoga (Bridget Lowe)						
09:30-10:00		09:30-10:45 Be Activated (Susannah)	10:00-11:00 Pure Yoga (Helen Roe)	09:30-10:45 Fascial Fitness (Susannah)			
10:00-10:30							
10:30-11:00	10:30-11:15 Pilates with Jo (Jo Harrison)	Studio In Use		Studio In Use		10:30-11:15 Pilates with Jo (Jo Harrison)	10:30-11:30 Ariel Movement (Alison G)
11:00-11:30							
11:30-12:00	11:30-12:15 Pilates with Jo (Jo Harrison)						
12:00-12:30							
12:30-13:00							
13:00-13:30							
13:30-14:00							
14:00-14:30			Studio In Use				
14:30-15:00							
15:00-15:30							
15:30-16:00							
16:00-16:30							
16:30-17:00							
17:00-17:30							
17:30-18:00	17:30-18:30 Pure Yoga (Helen Roe)	17:45-19:00 Body Mind Unwind (Susannah)	17:00-18:30 Pure Yoga (Helen Roe)				
18:00-18:30							
18:30-19:00							
19:00-19:30	19:00-20:00 Pure Yoga (Helen Roe)		19:00-20:00 Pure Yoga (Helen Roe)	19:00-20:00 TRX (Alison G)			
19:30-20:00							
20:00-20:30							
20:30-21:00							
21:00-21:30							

STUDIO 2							
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:00-08:30							
08:30-09:00							
09:00-09:30						09:00-10:00 Bungee Fitness (Alison G)	
09:30-10:00	10:00-11:00 Mums Bums Tums (Sarah W)	09:30-10:45 Hot Forrest Yoga (Polly M)	09:30-10:30 Mums Bums Tums (Sarah W)	09:30-10:45 Fascial Fitness (Susannah)			
10:00-10:30							
10:30-11:00							
11:00-11:30				Studio In Use			
11:30-12:00							
12:00-12:30							12:00-13:00 Bungee Fitness (Alison G)
12:30-13:00							
13:00-13:30							
13:30-14:00							
14:00-14:30							
14:30-15:00							
15:00-15:30			Studio In Use				
15:30-16:00							
16:00-16:30							
16:30-17:00							
17:00-17:30							
17:30-18:00							
18:00-18:30	Studio In Use	Studio In Use		18:15-19:30 Hot Forrest Yoga (Polly M)			
18:30-19:00							
19:00-19:30	19:00-20:00 Aerial Movement (Alison G)		19:00-20:00 Ariel Movement (Alison G)				
19:30-20:00							
20:00-20:30							
20:30-21:00			20:30-21:30 Bungee Fitness (Alison G)				
21:00-21:30							