

## MONDAY

CLASS	TIME	LOCATION	INSTRUCTOR
HIIT	06:45 - 07:30	Gym	Freddie
Pilates	09:00 - 09:55	Studio	Janet
FiiT Zone	09:30 - 10:15	FiiT Zone	Club PT's
Indoor Cycling	09:30 - 10:15	Cycling Studio	Charlie
BodyPump	10:00 - 10:55	Studio	Janet
Zumba®	11:00 - 11:45	Studio	Lucy
Jazz Dance	12:30 - 13:30	Studio	Marta
Circuits	18:00 - 19:00	Studio	Lucy
Indoor Cycling	18:15 - 19:00	Cycling Studio	Francesca
Beginners Runner Group	18:30 - 19:30	Hove Park	Matt
FiiT Zone	18:30 - 19:15	FiiT Zone	Club PT's
Zumba®	19:10 - 20:00	Studio	Lucy

## TUESDAY

HIIT	06:45 - 07:30	Gym	Charlie
Kettlebells	09:15 - 10:00	Studio	Matt
Indoor Cycling	09:30 - 10:15	Cycling Studio	Simon
FiiT Zone	09:30 - 10:15	FiiT Zone	Club PT's
LBT	10:00 - 11:55	Studio	Sharon
Body Combat	11:00 - 11:45	Studio	Debbie
FiiT Zone	12:30 - 13:15	FiiT Zone	Club PT's
LBT HIIT	18:00 - 18:50	Studio	Charlie
Indoor Cycling	18:15 - 19:00	Cycling Studio	Lucy
FiiT Zone	18:30 - 19:15	FiiT Zone	Club PT's
Yoga	19:00 - 20:00	Studio	Katy

## WEDNESDAY

HIIT	06:45 - 07:30	Gym	Marie
Zumba®	09:30 - 10:15	Studio	Lucy
FiiT Zone	09:30 - 10:15	FiiT Zone	Club PT's
LBT	10:20 - 11:05	Studio	Lucy
Latin Salsa	11:30 - 12:30	Studio	Marta
Ripped Hiit	18:00 - 18:50	Studio	Helene
Indoor Cycling	18:15 - 19:00	Cycling Studio	Lucy
FiiT Zone	18:30 - 19:15	FiiT Zone	Club PT's
Body Pump	19:00 - 20:00	Studio	Charlene

## THURSDAY

HIIT	06:45 - 07:30	Gym	Charlie
Zumba®	09:30 - 10:15	Studio	Lucy
FiiT Zone	09:30 - 10:15	FiiT Zone	Club PT's
Fatburner 20/20/20	10:15 - 11:15	Studio	Sharon
FiiT Zone	12:30 - 13:15	FiiT Zone	Club PT's
LBT	18:00 - 18:55	Studio	Michelle
Indoor Cycling	18:15 - 19:00	Cycling Studio	Charlie
FiiT Zone	18:30 - 19:15	FiiT Zone	Club PT's
Kettlebells	19:00 - 19:45	Studio	Matt

## FRIDAY

HIIT	06:45 - 07:30	Gym	Marie
Pilates	09:00 - 09:55	Studio	Janet
Indoor Cycling	09:30 - 10:15	Cycling Studio	Simon
FiiT Zone	09:30 - 10:15	FiiT Zone	Club PT's
BodyPump	10:00 - 11:00	Studio	Charlene
FiiT Zone	18:30 - 19:15	FiiT Zone	Club PT's

## SATURDAY

Indoor Cycling	09:00 - 09:45	Cycling Studio	Charlene
Total Body Conditioning	09:00 - 9:55	Studio	Francesca
Body Pump	10:00 - 11:00	Studio	Charlene
Indoor Cycling	10:00 - 10:45	Cycling Studio	Charlie
Kettlebells	11:00 - 11:45	Studio	Matt
Yoga	12:00 - 13:00	Studio	Maureen

## SUNDAY

Indoor Cycling	09:30 - 10:15	Cycling Studio	Bryan
LBT	10:00 - 10:55	Studio	Helen