

Exercise & Fitness Program

Crèche Facilities available Monday, Tuesday, Thursday & Friday 09.30 – 11.45

Program details subject to change

Monday	Instructor	All Inclusive	Time	Venue	Crèche available
RPM	Jonny	Yes	07.00	Studio 2	
Body Pump	Sarah	Yes	09.30	Studio 1	Yes
Bums Legs & Tums	Sarah	Yes	10.45	Studio 1	Yes
Body Balance	Luke	Yes	18.00	Studio 1	
RPM	Mandy	Yes	18.00	Studio 2	
Body Pump	Luke	Yes	19.00	Studio 1	
Tuesday	Instructor	All Inclusive	Time	Venue	
Body Combat	Amanda	Yes	09.30	Studio 1	Yes
Body Balance	Isla	Yes	10.45	Studio 1	Yes
Zumba (beginners)	Deborah	No	12.00	Studio 1	
RPM	Mandy	Yes	18.00	Studio 2	
Body Combat	Sarah wade	Yes	19.00	Studio 1	
Wednesday	Instructor	All Inclusive	Time	Venue	
RPM	Mandy	Yes	07.00	Studio 1	
Body Balance	Sarah	Yes	09.30	Studio 1	
RPM	Sarah	Yes	10.45	Studio 2	
Body Pump	Sarah	Yes	12.00	Studio 1	
Body Pump	Jonny	Yes	18.00	Studio 1	
Zumba (Intermediate)	Holly	No	19.00	Studio 1	
RPM	Jonny	Yes	19.00	Studio 2	
Thursday	Instructor	All Inclusive	Time	Venue	
Body Pump	Luke	Yes	09.30	Studio 1	Yes
Body Combat	Luke	Yes	10.45	Studio 1	Yes
Body Combat	Caroline	Yes	18.00	Studio 1	
RPM	Jonny	Yes	19.00	Studio 2	
Body Balance	Sarah	Yes	19.00	Studio 1	
Friday	Instructor	All Inclusive	Time	Venue	
RPM	Jonny	Yes	07.00	Studio 2	
RPM	Sarah	Yes	09.30	Studio 2	Yes
Body Pump	Sarah	Yes	10.45	Studio 1	Yes
Body Balance	Luke	Yes	12.00	Studio 1	
Circuits	Amanda	Yes	18.00	Studio 1	
Saturday	Instructor	All Inclusive	Time	Venue	
Body Combat	Louisa / Lydia	Yes	09.30	Studio 1	
Body Pump	Lydia / Louisa	Yes	10.45	Studio 1	
Sunday	Instructor	All Inclusive	Time	Venue	
Body Balance	Sarah / Isla	Yes	09.30	Studio 1	
RPM	Jonny	Yes	10.45	Studio 2	
Salsa DX	Sonja	No	10.45	Studio 1	