

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09:15		<b>CIRCUITS</b> Naomi 45mins Sports Hall					
09:30	<b>ZUMBA</b> Lucy 45mins Sports Hall		<b>MORE DANCE</b> (1-4 year olds) Rebecca 60mins Conference Suite		<b>MORE PLAY</b> (1-3 year olds) Gary 45mins Conference Suite		<b>HiIT STRENGTH</b> Steven 30mins Sports Hall
	<b>MORE PLAY</b> (1-3 year olds) Gary 45mins Conference Suite				<b>LIVE LONG</b> Karen 120mins Sports Hall		
10:00				<b>YOGA</b> Jonathan 60mins Conference Suite			<b>INDOOR CYCLE</b> Steven 45mins Group Cycle Studio
10:15		<b>STEADY AND STRONG</b> Naomi 60mins Conference Suite					
10:30						<b>INDOOR CYCLE</b> Gary 45mins Group Cycle Studio	
11:00			<b>PILATES</b> Jonathan 60mins Conference Suite				

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:00							<b>KETTLEBELLS</b> Amy 45mins Conference Suite
16:30	<b>MORE DANCE</b> <b>(4-7 years old)</b> Rebecca 45mins Conference Suite						
17:15	<b>INDOOR CYCLE</b> Gary 45mins Group Cycle Studio <b>MORE DANCE</b> <b>(8-12 years old)</b> Rebecca 45mins Conference Suite		<b>INDOOR CYCLE</b> Gary 45mins Group Cycle Studio				
17:30					<b>CIRCUITS</b> Tiernan 45mins Sports Hall		
18:00	<b>PILATES</b> Jonathan 60mins Conference Suite	<b>INDOOR CYCLE</b> Jonathan 45mins Group Cycle Studio <b>BOXFIT</b> Tiernan 45mins Sports Hall	<b>INDOOR CYCLE</b> Gary 45mins Group Cycle Studio	<b>PILATES</b> Jo Ann 60mins Conference Suite			

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
18:15	<b>KETTLEBELLS</b> Gary 45mins Sports Hall				<b>INDOOR CYCLE</b> Tiernan 45mins Group Cycle Studio		
18:45				<b>BOXFIT</b> Tiernan 45mins Group Cycle Studio			
19:00		<b>HIT STRENGTH</b> Jonathan 30mins Sports Hall	<b>KETTLEBELLS</b> Amy 45mins Sports Hall	<b>INDOOR CYCLE</b> Gary 45mins Group Cycle Studio			
			<b>ZUMBA</b> Lucy 45mins Conference Suite				
19:30	<b>DANCE FIT</b> Lucy 45mins Conference Suite						
20:15	<b>YOGA</b> Jayne 60mins Conference Suite						

**MORE Cardio**

Cardio classes include a variety of movements and exercises to get the heart rate pumping. Cardio classes can vary greatly, but at the core, it includes movements that increase your heart rate.

**MORE Strength**

If your goal is to get stronger and more sculpted then these classes are for you. The sessions are designed to get you fitter, stronger and leaner using a combination of equipment and your own bodyweight.

**MORE Mind & Body**

A form of exercise that combines body movement, mental focus and controlled breathing to improve strength, balance, flexibility and overall health.