

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09.15		STEADY AND STRONG Ariene 60mins Studios PILATES Kirsty 60mins Doagh Room					
09.30	ZUMBA Anabella 60mins Studios		HIIT STRENGTH Ariene 30mins Gym	ZUMBA Anabella 60mins Studios	ATTACK Emma 60mins Studios	GROUP CYCLE June 45mins Studios	
	GROUP CYCLE Virtual 45mins Studios	GROUP CYCLE Virtual 45mins Studios		GROUP CYCLE Emma 45mins Studios	GROUP CYCLE Virtual 45mins Studios		GROUP CYCLE Virtual 45mins Studios
10.00					YOGA Jayne 60mins Doagh Room		
10.15		STEADY AND STRONG Ariene 60mins Studios	GROUP CYCLE Virtual 45mins Studios			COMBAT June 45mins Studios	

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10.30		YOGA Catherine 60mins Doagh Room	STEADY AND STRONG Ariene 60mins Studios	CORE Emma 30mins Studios	Hiit STRENGTH Emma 30mins Studios		
		Hiit STRENGTH RIG Kirsty 30mins Gym					
10.45	Hiit STRENGTH Kirsty 30mins Gym		PILATES Maria 45mins Doagh Room				
11.00		PILATES Kirsty 60mins Ashley Room			LIVE LONG Ariene 120mins Studios/ Driving Range	GROUP CYCLE Virtual 45mins Studios	GROUP CYCLE Virtual 45mins Studios
						Hiit STRENGTH RIG Emma 30mins Gym	
11.30			PILATES Maria 45mins Doagh Room				

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12.30	GROUP CYCLE Paula 45mins Studios	GROUP CYCLE Virtual 45mins Studios	GROUP CYCLE Virtual 45mins Studios	GROUP CYCLE Virtual 45mins Studios	GROUP CYCLE Virtual 45mins Studios		
17.00	GROUP CYCLE Virtual 30mins Studios	GROUP CYCLE Virtual 30mins Studios	GROUP CYCLE Virtual 30mins Studios	GROUP CYCLE Virtual 30mins Studios	GROUP CYCLE Virtual 30mins Studios		
17.30			COMBAT Jenny 45mins Studios				
17.45	GROUP CYCLE Jenny 45mins Studios	PUMP Jenny 45mins Studios					
18.00	MORE MIND* Arlene 60mins Doagh Room		YOGA Catherine 60mins Doagh Room GROUP CYCLE Stevie 45mins Studios	GROUP CYCLE Nikki 45mins Studios YOGA Andy 60mins Doagh Room			
18.30	PUMP Jenny 45mins Studios	GROUP CYCLE Jenny 45mins Studios					

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
18.45			KETTLEBELLS Daren 30mins Studios				
19.00	YOGA Anne 60mins Doagh Room			KETTLEBELLS Daren 30mins Studios			
19.15	GROUP CYCLE Paula 45mins Studios		YOGA Catherine 60mins Doagh Room				
19.30	CIRCUITS Daren 30mins Studios	YOGA Anne 60mins Doagh Room					
20.00	CORE Leah 30mins Studios						

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.

(J) MORE Junior Class**(S) MORE Senior Class**

***MORE Movement for your Mind**