

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
06.00-06.30	PERSONAL TRAINING Steve	PERSONAL TRAINING Steve		PERSONAL TRAINING Steve				
06.30-07.00		06.00-09.00		06.00 - 12.00				
07.00-07.30	07.00-09.00							
07.30-08.00								
08.00-08.30								
08.30-09.00								
09.00-09.30			Kam/Dan			OUTDOOR BOOTCAMP	PILATES Steve	
09.30-10.00	BARRE CONCEPT Suzie 09.15-10.15	PILATES Steve 09.30-10.30	PILATES 09.00 - 10.00		PILATES Suzie 09.15-12.15	Dan/Kam 09.00-10.00	09.00-10.00	
10.00-10.30			TAI CHI Simon					
10.30-11.00	PERSONAL TRAINING Steve 10.45-11.45	PERSONAL TRAINING Steve 10.45-11.45	10.00-13.00			BALLET Denise 10.30-12.30	YOGA Kiran 10.30-11.30	
11.00-11.30								
11.30-12.00								
12.00-12.30								
12.30-13.00		Simon					BALLET	
13.00-13.30		12.30- 13.30					Denise 12.30-13.30	
13.30-14.00								
14.00-14.30								
14.30-15.00				PERSONAL TRAINING Steve				
15.00-15.30				14.30-17.30				
15.30-16.00								
16.00-16.30	Francis							
16.30-17.00	16.00-17.30							
17.00-17.30	Private Hire							
17.30-18.00								
18.00-18.30								
18.30-19.00	PILATES Michele 18.30-19.30		TAI CHI Simon					
19.00-19.30		STEVE PILATES POWER 19.00 - 20.00	18.15-19.15	PILATES Steve 19.00-21.00				
19.30-20.00			YOGA Bee					
20.00-20.30	BOXFIT	PILATES	19.30-20.30					
20.30-21.00	Steve 20.00-21.00	Steve 20.00-21.00						