

### MONDAY

TIME	FITNESS	DURATION	FITNESS LEVEL
7.00am	Classic	45 Minutes	All
9.30am	PureFlex	30 Minutes	All
12.00am	Classic	45 Minutes	All
1.00pm	Taster Session (Pre-Booking essential)	45 Minutes	All
6.00pm	Classic	45 Minutes	All
7.00pm	Taster Session (Pre-Booking essential)	45 Minutes	All
8.00pm	Classic	45 Minutes	All

### TUESDAY

TIME	CLASS TYPE	DURATION	FITNESS LEVEL
6.30am	Classic	45 Minutes	All
9.30am	Classic	30 Minutes	All
12.00am	Tester Session (Pre-Booking essential)	45 Minutes	All
1.00pm	Coreflex	30 Minutes	All
6.00pm	PureFlex	30 Minutes	All
7.00pm	Classic	45 Minutes	All
8.00pm	Tester Session (Pre-Booking essential)	45 Minutes	All

### WEDNESDAY

TIME	CLASS TYPE	DURATION	FITNESS LEVEL
7.00am	X-Flex	45 Minutes	All
9.30am	PureFlex	30 Minutes	All
12.00am	Classic	30 Minutes	All
1.00pm	Taster Session (Pre-Booking essential)	45 Minutes	All
6.00pm	Classic	45 Minutes	All
7.00pm	Taster Session (Pre-Booking essential)	45 Minutes	All
8.00pm	Classic	45 Minutes	All

### THURSDAY

TIME	CLASS TYPE	DURATION	FITNESS LEVEL
6.30am	PureFlex	30 Minutes	All
7.15am	Taster Session (Pre-Booking essential)	45 Minutes	All
9.30am	Classic	30 Minutes	All
12.00am	Taster Session (Pre-Booking essential)	45 Minutes	All
1.00pm	PureFlex	30 Minutes	All
6.00pm	X-Flex	45 Minutes	All
7.00pm	Classic	45 Minutes	All
8.00pm	Taster Session (Pre-Booking essential)	45 Minutes	All

### FRIDAY

TIME	CLASS TYPE	DURATION	FITNESS LEVEL
7.00am	Classic	45 Minutes	All
9.30am	PureFlex	30 Minutes	All
12.00am	PureFlex	45 Minutes	All
1.00pm	Taster Session (Pre-Booking essential)	45 Minutes	All
6.00pm	Classic	45 Minutes	All
7.00pm	PureFlex	30 Minutes	All

### SATURDAY & SUNDAY\*

TIME	CLASS TYPE	DURATION	FITNESS LEVEL
10.00am	Taster Session (Pre-Booking essential)	45 Minutes	All
12.00am	Classic	45 Minutes	All

\*Sunday Classic (10.00) & Taster Session (12.00)