|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Start Time** | **9 am** | **10 am** | **11 am** | **1 pm** | **2 pm** | **4 pm** |
| **Monday** | Spin | Circuits | Over 50s | Metafit | Zumba | Cardio Killer |
| **Tuesday** | Circuits | Over 50s | Metafit | Cardio Killer | Fat Blast | Spin |
| **Wednesday** | Cardio Killer | Spin | Fat Blast | Spin | Cardio Killer | Zumba |
| **Thursday** | Over 50s | Fat Blast | Spin | Circuits | Metafit | Spin |
| **Friday** | Metafit | Cardio Killer | Over 50s | Spin | Circuits | Zumba |