

Timetable

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|---|
| 17:30-17:50 Abs Attack Aspire | 18:00-18:45 Bodysculpt Heather | 17:20-17:50 Body Blitz Upper Aspire | 17:45-18:30 Fat Burn Aspire | 18:00-18:45 Pilates Mireille |
| 18:00-18:45 Spin Emma | 19:00-19:20 HIIT Blast Aspire | 18:00-18:45 Yoga Alison | 19:00-19:45 Spin Sophie | 19:00-19:30 Body Blitz Core Aspire |
| 19:00-19:45 Group PT Aspire | 19:30-20:00 Body Blitz Upper Aspire | 19:30-20:15 Zumba Emma | 20:00-20:30 Legs, Bums & Tums Aspire | |
| 20:00-20:30 Legs, Bums & Tums Aspire | 20:15-21:00 Pilates Ryan | 20:00-20:20 HIIT Blast Aspire | | |

| Saturday | Sunday |
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| 09:00-09:45 Yoga Alison/Rashma | 08:30-09:00 Wake Up Workout Aspire |
| 10:00-10:45 Zumba Emma | 10:15-11:00 Fat Burn Aspire |
| 10:55-11:40 Zumba Emma | |
| 12:00-12:20 Abs Attack Aspire | |



**All classes will be available
virtually**