

KEY MB = Metabolic Booster P = Performance
CB = Calorie Burn ■ = Special Class

MON	<u>7.00am</u> MB 45 mins Lisa	<u>9.30am</u> CB 45 mins Shona/Lozza			<u>6.30pm</u> MB 45 mins Kate
TUE		<u>9.30am</u> MB 45 mins Shona	<u>12pm - 1pm</u> Solo rides & Gym Equipment	<u>1pm - 2pm</u> Solo rides & Gym Equipment	<u>6.30pm</u> CB 45 mins Foxette
WED	<u>7.00am</u> CB 45 mins Lozza	<u>9.30am</u> MB 45 mins Kate	<u>11.00am</u> PE at The Lido 45 mins Kate	<u>5.45pm</u> CB 30 mins Danielle	<u>6.30pm</u> MB 45 mins Shona
THU		<u>9.30am</u> MB 45 mins Shona	<u>12pm - 1pm</u> Solo rides & Gym Equipment	<u>1pm - 2pm</u> Solo rides & Gym Equipment	<u>6.30pm</u> CB 45 mins Lozza
FRI	<u>7.00am</u> MB 45 mins Lisa	<u>9.30am</u> CB 45 mins Shona			<u>6.30pm</u> MB 45 mins Matt
SAT	<u>8.00am</u> Hair of the Dog 45 mins Foxette	<u>9.00am</u> Saturday Spa 45 mins Foxette			
SUN		<u>9.15am</u> MB 45 mins Kate			