

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

<b>MON</b>	<u>7.00am</u> MB 45 mins HamJam	<u>9.30am</u> CB 45 mins Shona/Lozza	<u>11.00am</u> PE at The Lido 45 mins Shona		<u>6.30pm</u> MB 45 mins Kate
<b>TUE</b>		<u>9.30am</u> MB 45 mins Gemma	<u>12pm - 1pm</u> Solo rides & Gym Equipment	<u>1pm - 2pm</u> Solo rides & Gym Equipment	<u>6.30pm</u> CB 45 mins Foxette
<b>WED</b>	<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
<b>THU</b>		<u>9.30am</u> MB 45 mins Gemma	<u>12pm - 1pm</u> Solo Rides & Gym Equipment	<u>1pm - 2pm</u> Beginners & Gym Equipment	<u>6.30pm</u> CB 45 mins Lozza
<b>FRI</b>	<u>7.00am</u> MB 45 mins HamJam	<u>9.30am</u> CB 45 mins Shona	<u>11.00am</u> PE at The Lido 45 mins Shona		<u>6.30pm</u> MB 45 mins Matt
<b>SAT</b>	<u>8.00am</u> Hair of the Dog 45 mins Foxette	<u>9.00am</u> Saturday Spa 45 mins Foxette	<u>10.00am</u> PE at The Lido 45 mins Shona		
<b>SUN</b>		<u>9.15am</u> MB 45 mins Kate			