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| **Day** | **Starts** | **Class Type**  | **Format** | **Instructor** | **Duration** |
| Mon | 07:00 | Indoor Cycle | Instructor Led | James/Iain  | 30 |
|  | 09:15 | Tour Coach | Fast Class | Virtual | 30 |
|  | 12:15 | Indoor Cycle | Instructor Led | Tyree Poll-White | 30 |
|  | 13:15 | Tour Coach | Fast Class | Virtual | 30 |
|  | 15:00 | Studio Coach | Drill | Virtual | 20 |
|  | 16:00 | Studio Coach | Fast Class | Virtual | 30 |
|  | 18:00 | Indoor Cycle | Instructor Led | Murray Grant  | 45 |
|  | 21:45 | Studio Coach | Drill | Virtual | 20 |
|  |  |  |  |  |  |
| Tues | 08:30 | Studio Coach | Fast Class | Virtual | 30 |
|  | 10:00 | Tour Coach | Fast Class | Virtual | 30 |
|  | 12:15 | Indoor Cycle | Instructor Led | Grace Human | 30 |
|  | 14:15 | Studio Coach | Drill | Virtual | 20 |
|  | 14:45 | Tour Coach | Fast Class | Virtual | 30 |
|  | 16:15 | Studio Coach | Drill | Virtual | 20 |
|  | 18:00 | Indoor Cycle | Instructor Led | Katy Glenville  | 45 |
|  | 19:15 | Coach by Colour  | Instructor led | Tara Whiting  | 45 |
|  | 20:45 | Studio Coach | Drill | Virtual | 20 |
|  | 21:15 | Tour Coach | Fast Class | Virtual | 30 |
|  |  |  |  |  |  |
| Wed | 07:00 | Indoor Cycle | Instructor Led | James/Iain  | 30 |
|  | 09:30 | Studio Coach | Fast Class | Virtual | 30 |
|  | 11:30 | Tour Coach | Fast Class | Virtual | 30 |
|  | 13:15 | Indoor Cycle | Instructor Led | Tyree Poll-White | 30 |
|  | 15:30 | Tour Coach | Fast Class | Virtual | 30 |
|  | 16:30 | Studio Coach | Drill | Virtual | 20 |
|  | 17:45 | Indoor Cycle | Instructor Led | Tara Whiting | 45 |
|  | 19:45 | Indoor Cycle | Instructor Led | Lou Hale | 45 |
|  | 21:00 | Studio Coach | Fast Class | Virtual | 30 |
|  | 21:45 | Studio Coach | Drill | Virtual | 20 |

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| **Day** | **Starts** | **Class Type**  | **Format** | **Instructor** | **Duration** |
| Thur | 07:00 | Tour Coach | Fast Class | Virtual | 30 |
|  | 08:30 | Studio Coach | Fast Class | Virtual | 30 |
|  | 11:00 | Indoor Cycle | Instructor Led | Grace Human | 30 |
|  | 15:00 | Studio Coach | Fast Class | Virtual | 30 |
|  | 16:30 | Tour Coach | Fast Class | Virtual | 30 |
|  | 17:30 | Studio Coach | Drill | Virtual | 20 |
|  | 18:15 | Coach by Colour  | Instructor Led | Lucas Asprou  | 45  |
|  | 20:45 | Tour Coach | Fast Class | Virtual | 30 |
|  | 21:30 | Studio Coach | Drill | Virtual | 20 |
|  |  |  |  |  |  |
| Fri | 08:00 | Studio Coach | Drill | Virtual | 20 |
|  | 09:00 | Tour Coach | Fast Class | Virtual | 30 |
|  | 12:15 | Indoor Cycle | Instructor Led | Jackie Canham  | 30 |
|  | 13:30 | Tour Coach | Fast Class | Virtual | 30 |
|  | 14:25 | Studio Coach | Drill | Virtual | 20 |
|  | 15:30 | Studio Coach | Fast Class | Virtual | 30 |
|  | 17:45 | Indoor Cycle | Instructor Led | Grace Human | 45 |
|  | 20:00 | Studio Coach | Drill | Virtual | 20 |
|  | 21:00 | Tour Coach | Fast Class | Virtual | 30 |
|  |  |  |  |  |  |
| Sat | 08:00 | Studio Coach | Fast Class | Virtual | 30 |
|  | 09:45 | Indoor Cycle | Instructor Led | Grace Human | 45 |
|  | 13:25 | Studio Coach | Fast Class | Virtual | 30 |
|  | 17:00 | Studio Coach | Class | Virtual | 60 |
|  |  |  |  |  |  |
| Sun | 08:30 | Studio Coach | Class | Virtual | 60 |
|  | 10:30 | Indoor Cycle` | Instructor Led | Tyree Poll-White  | 45 |
|  | 12:00 | Tour Coach | Class | Virtual | 60 |
|  | 13:45 | Studio Coach | Fast Class | Virtual | 30 |
|  | 17:30 | Studio Coach | Fast Class | Virtual | 30 |

All Instructor led classes must be booked in advance either in person or over the telephone at reception, at one of our self-serve kiosks or on-line. Please note that for these sessions no bookings will be accepted within 5 minutes of the advertised start time and no admittance will be allowed once the class has commenced.

All other sessions are Virtual classes and can only be accessed via the Fitness Centre. i.e. for Fitness Centre users who have completed an Induction. Users do so at their own risk and should understand that no direct supervision is given outside of Instructor led sessions.