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| **Day** | **Starts** | **Class** | **Location** | **Instructor** | **Duration** | **Info** |

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| **Day** | **Starts** | **Class** | **Location** | **Instructor** | **Duration** | **Info** |
| Fri | 09:30 | BodyPump | Dance Studio | Grace Human | 60 | Good Friday |
| Fri | 10:30 | BodyBalance | Dance Studio | Grace Human | 60 | Good Friday |
| Fri | 11:30 | Zumba | Dance Studio | Joao Silva | 60 | Good Friday |
| Fri | 12:15 | Indoor Cycle | Cycle Studio | Jackie Canham | 30 | Good Friday |
| Fri | 17:30 | Step & Tone | Dance Studio | Jackie Canham | 60 | Good Friday |
| Fri | 17:45 | Indoor Cycle | Cycle Studio | Grace Human | 45 | Good Friday |
|  |  |  |  |  |  |  |
| Sat | 09:15 | BodyCombat | Dance Studio | Fiona Jones | 60 |  |
| Sat | 09:45 | Indoor cycle | Cycle Studio | Grace Human | 45 |  |
| Sat | 10:30 | BodyPump | Dance Studio | Grace Human | 60 |  |
| Sat | 10:45 | BodyBalance | Func. Studio | Jonathan Clarke | 60 |  |
|  |  |  |  |  |  |  |
| Sun | 09:00 | Yoga | Dance Studio | Maggie Stickney | 60 |  |
| Sun | 10:15 | Triple Challenge | Dance Studio | Jackie Canham | 60 |  |
| Sun | 10:30 | Indoor Cycle | Cycle Studio | Tyree Poll-White | 45 |  |
| Sun | 11:30 | BodyPump | Dance Studio | Sarah Cranness | 60 |  |

**Please be aware that on Good Friday 29th March and Easter Monday 1st April we will be running fewer classes due these dates being Bank Holidays. Please see below for information and have a fantastic Easter.**

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| **Day** | **Starts** | **Class** | **Location** | **Instructor** | **Duration** | **Info** |
| Mon | 10:00 | Aerobics | Dance Studio | Jackie Canham | 60 | Easter Monday |
| Mon | 11:00 | BodyPump | Dance Studio | Lou Hebron | 60 | Easter Monday |
| Mon | 12:05 | BodyBalance | Dance Studio | Lou Hebron | 60 | Easter Monday |
| Mon | 12:15 | Indoor Cycle | Cycle Studio | Tyree Poll-White | 30 | Easter Monday |
| Mon | 13:00 | Circuits | Arena | Fitness Advisor | 40 | Easter Monday |
| Mon | 17:30 | BodyPump | Dance Studio | Grace Human | 60 | Easter Monday |
| Mon | 18:00 | Indoor Cycle | Cycle Studio | Murray Grant | 45 | Easter Monday |

All 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:

* No bookings will be accepted within 5 minutes of the advertised start time
* No admittance will be allowed once the class has commenced. Thank you