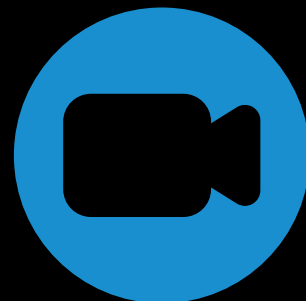


# VIRTUAL

## GROUP EXERCISE TIMETABLE



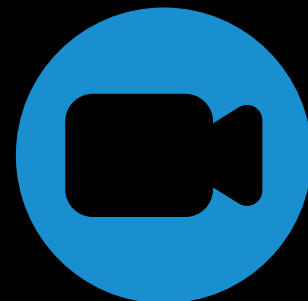
| Day       | Time          | Class         | Location     | Info                            |
|-----------|---------------|---------------|--------------|---------------------------------|
| Monday    | 07:30 - 08:00 | Grit Athletic | Dance Studio | Cardio & Dance Classes          |
| Monday    | 09:15 - 09:45 | Sprint        | Cycle Studio | Cycle Classes                   |
| Monday    | 13:15 - 13:45 | Core          | Dance Studio | Cardio & Dance Classes          |
| Monday    | 13:15 - 13:45 | RPM           | Cycle Studio | Cycle Classes                   |
| Monday    | 16:00 - 16:45 | The Trip      | Cycle Studio | Cycle Classes                   |
| Monday    | 16:00 - 17:00 | Grit Cardio   | Dance Studio | Cardio & Dance Classes          |
| Monday    | 21:00 - 21:45 | BodyPump      | Dance Studio | Strength & Conditioning Classes |
| Tuesday   | 06:30 - 07:00 | Grit Cardio   | Dance Studio | Cardio & Dance Classes          |
| Tuesday   | 08:30 - 09:45 | The Trip      | Cycle Studio | Cycle Classes                   |
| Tuesday   | 10:00 - 10:30 | RPM           | Cycle Studio | Cycle Classes                   |
| Tuesday   | 14:45 - 15:15 | Sprint        | Cycle Studio | Cycle Classes                   |
| Tuesday   | 15:30 - 16:15 | Body Balance  | Dance Studio | Mind & Body Classes             |
| Tuesday   | 16:15 - 17:00 | The Trip      | Cycle Studio | Cycle Classes                   |
| Tuesday   | 16:15 - 17:00 | Body Pump     | Dance Studio | Strength & Conditioning Classes |
| Tuesday   | 20:45 - 21:30 | The Trip      | Cycle Studio | Cycle Classes                   |
| Tuesday   | 21:45 - 22:15 | Core          | Dance Studio | Mind & Body Classes             |
| Wednesday | 07:15 - 07:45 | Grit Athletic | Dance Studio | Cardio & Dance Classes          |
| Wednesday | 09:30 - 10:00 | Sprint        | Cycle Studio | Cycle Classes                   |
| Wednesday | 11:30 - 12:15 | The Trip      | Cycle Studio | Cycle Classes                   |
| Wednesday | 16:30 - 17:00 | RPM           | Cycle Studio | Cycle Classes                   |
| Wednesday | 21:00 - 21:50 | RPM           | Cycle Studio | Cycle Classes                   |

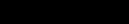
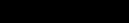
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|                      |                                 |              |
|----------------------|---------------------------------|--------------|
| Cycle Classes        | Cardio & Dance Classes          | HIIT Classes |
| Mind & Body Classes  | Strength & Conditioning Classes |              |
| Martial Arts Classes | Aqua Classes                    |              |

# VIRTUAL

## GROUP EXERCISE TIMETABLE



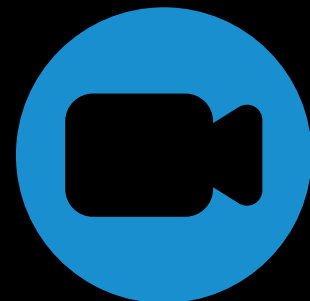
| Day      | Time          | Class         | Location     | Info                                                                                  |
|----------|---------------|---------------|--------------|---------------------------------------------------------------------------------------|
| Thursday | 06:30 - 07:00 | Body Combat   | Dance Studio |    |
| Thursday | 08:30 - 09:15 | The Trip      | Cycle Studio |    |
| Thursday | 11:05 - 11:35 | Core          | Dance Studio |    |
| Thursday | 15:15 - 15:45 | Born to Move  | Dance Studio |    |
| Thursday | 15:50 - 16:20 | GRIT Strength | Dance Studio |    |
| Thursday | 16:20 - 16:50 | Body Pump     | Dance Studio |    |
| Thursday | 16:30 - 17:00 | RPM           | Cycle Studio |    |
| Thursday | 17:30 - 18:00 | Sprint        | Cycle Studio |    |
| Thursday | 20:45 - 21:30 | The Trip      | Cycle Studio |    |
| Thursday | 21:45 - 22:05 | Body Balance  | Dance Studio |    |
| Friday   | 06:30 - 07:00 | Grit Cardio   | Dance Studio |  |
| Friday   | 08:30 - 09:15 | Body Combat   | Dance Studio |  |
| Friday   | 09:00 - 09:30 | Sprint        | Cycle Studio |  |
| Friday   | 13:30 - 14:15 | The Trip      | Cycle Studio |  |
| Friday   | 14:00 - 14:30 | Core          | Dance Studio |  |
| Friday   | 14:45 - 15:05 | Body Balance  | Dance Studio |  |
| Friday   | 15:30 - 16:05 | Born to Move  | Dance Studio |  |
| Friday   | 16:30 - 17:15 | Body Pump     | Dance Studio |  |
| Friday   | 16:30 - 17:20 | RPM           | Cycle Studio |  |
| Friday   | 20:00 - 20:30 | Sprint        | Cycle Studio |  |
| Friday   | 21:00 - 21:45 | The Trip      | Cycle Studio |  |
| Friday   | 21:05 - 21:35 | Core          | Dance Studio |  |

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|                                                                                    |                      |                                                                                     |                                 |                                                                                       |              |
|------------------------------------------------------------------------------------|----------------------|-------------------------------------------------------------------------------------|---------------------------------|---------------------------------------------------------------------------------------|--------------|
|  | Cycle Classes        |  | Cardio & Dance Classes          |  | HIIT Classes |
|  | Mind & Body Classes  |  | Strength & Conditioning Classes |                                                                                       |              |
|  | Martial Arts Classes |  | Aqua Classes                    |                                                                                       |              |

# VIRTUAL

## GROUP EXERCISE TIMETABLE



| Day      | Time          | Class         | Location     | Info                            |
|----------|---------------|---------------|--------------|---------------------------------|
| Saturday | 06:30 - 07:00 | Grit Athletic | Dance Studio | HIIT Classes                    |
| Saturday | 07:15 - 07:45 | Grit cardio   | Dance Studio | HIIT Classes                    |
| Saturday | 08:00 - 08:30 | Grit Strength | Dance Studio | HIIT Classes                    |
| Saturday | 08:00 - 08:30 | Sprint        | Cycle Studio | Cycle Classes                   |
| Saturday | 13:25 - 14:10 | The Trip      | Cycle Studio | Cycle Classes                   |
| Saturday | 17:00 - 17:50 | RPM           | Cycle Studio | Cycle Classes                   |
| Saturday | 20:15 - 21:00 | Body Pump     | Dance Studio | Strength & Conditioning Classes |
| Saturday | 21:15 - 22:00 | Body Combat   | Dance Studio | Martial Arts Classes            |
| Sunday   | 06:30 - 07:00 | Body Pump     | Dance Studio | Strength & Conditioning Classes |
| Sunday   | 07:15 - 07:45 | Body Combat   | Dance Studio | Martial Arts Classes            |
| Sunday   | 08:00 - 08:35 | Born to Move  | Dance Studio | Mind & Body Classes             |
| Sunday   | 08:30 - 09:15 | The Trip      | Cycle Studio | Cycle Classes                   |
| Sunday   | 12:00 - 12:30 | Sprint        | Cycle Studio | Cycle Classes                   |
| Sunday   | 12:40 - 13:05 | Body Balance  | Dance Studio | Mind & Body Classes             |
| Sunday   | 13:45 - 14:15 | RPM           | Cycle Studio | Cycle Classes                   |
| Sunday   | 17:30 - 18:15 | The Trip      | Cycle Studio | Cycle Classes                   |
| Sunday   | 21:15 - 21:45 | Core          | Dance Studio | HIIT Classes                    |

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Cycle Classes
  Cardio & Dance Classes
  HIIT Classes
  Mind & Body Classes
  Strength & Conditioning Classes
  Martial Arts Classes
  Aqua Classes