

Friday	ATLAS THEATRE	BOWLERS BAR	ARENA	FOOTBALL PITCH	SQUASH COURTS	PALMS
2:30pm - 3:15pm	90s Workout	Zumba	Yoga	Circuit Training		
3:30pm - 4:15pm	West End Workshop	Legs, Bums & Tums	Pilates	HIIT		
4:30pm - 5:15pm	Fame Dance Class	Zumba Gold	Yoga	Bootcamp		
Saturday	ATLAS THEATRE	BOWLERS BAR	ARENA	FOOTBALL PITCH	SQUASH COURTS	PALMS
8:00am - 8:45am	Strut		Sunrise Yoga	Fancy a Run	Racket Ball	
10:15am - 11:00am	West End Workshop	Legs, Bums & Tums	Pilates	Circuit Training	Racket Ball	
11:15am - 12:00pm	Line Dancing	Zumba	Yoga	HIIT	Racket Ball	Aqua
2:00pm - 2:45pm	Dance Yourself Happy	Bollywood	Yoga	Bootcamp	Squash	
3:00pm - 3:45pm	Tap	80s Workout	Pilates	Circuit Training	Squash	Pool Party
4:00pm - 4:45pm	90s Workout	Deep Stretch	Yoga	Playground Games	Squash	Pool Party
Sunday	ATLAS THEATRE	BOWLERS BAR	ARENA	FOOTBALL PITCH	SQUASH COURTS	PALMS
8:00am - 8:45am	Dance Yourself Happy		Pilates	Fancy a Run		
10:15am - 11:00am	West End Workshop	Legs, Bums & Tums	Yoga	Circuit Training	Squash	
11:15am - 12:00pm	Salsa Dancing	Zumba	Pilates	HIIT	Squash	Aqua
2:00pm - 2:45pm	Ballet	Bollywood	Yoga	Bootcamp	Racket Ball	
3:00pm - 3:45pm	Tap	90s Workout	Pilates	Circuit Training	Racket Ball	Pool Party
4:00pm - 4:45pm	80s Workout	Deep Stretch	Yoga	Playground Games		Pool Party