day	program	timeslot	aparc	kew	bsc	blc
cycle						
monday		6.15 am	yes	yes	yes - to be introduced	no
		9.30am	no	yes	yes - to be introduced	no
		6,00pm	yes - 6.30pm	yes	yes - to be introduced	no
		7.00pm	yes - 6.30pm	yes	yes - to be introduced	no
tues		6.15am	yes	yes	yes - to be introduced	no
		9.30am	yes	yes	yes - to be introduced	no
		6.00pm	yes - 7pm	yes (to be introduced)	yes - to be introduced	no
wed		6.15pm	no	yes	yes - to be introduced	no
		9.30pm	yes	yes - to be introduced	yes - to be introduced	no
		6.00pm	yes - 6.30pm	yes	yes - to be introduced	no
thu		9.30pm	yes - 9.15am	yes	yes - to be introduced	no
		6.00pm	yes - 6.30pm	yes	yes - to be introduced	no
fri		6.15pm	yes	yes	yes - to be introduced	no
		10.45pm	yes	no	yes - to be introduced	no
sat		8.15pm	yes	yes	yes - to be introduced	no
		10.45pm	yes	yes	yes - to be introduced	no
pryme movers						
monday	low impact	9.30am	no	yes - Gen Gym 1.30pm and Baby boomers 3.15pm	no	no
	cycle tour(road ride)	9.30am	no	no	no	no
	gist	10.00am	no	yes 3pm	no	lite and low
	yoga	1145	no	no	yes Yoga 10.30	no
tues	gist	1000	Yes - easy movers 10.20	Yes baby boomers 10.45. 2.30 gist to be introduced	yes to be introduced	fitball
	gist	1100	yes	Yes baby boomers 10.45. 2.30 gist to be introduced	yes to be introduced	no
wed	cycle	845	no	yes to be introduced	yes to be introduced	no
thur	circuit	830	no	baby boomers 10.45.	yes to be introduced	no
	circuit	930	no	baby boomers 10.45.	yes to be introduced	no
	gist	1000	yes	yes to be introduced	yes to be introduced	yes - gentle exercise
fri	active living	1030	no	yes Gen Gym 1.30pm	yes to be introduced	yes - lite and low
	gist	1400	no	no	yes to be introduced	yes
les mills / freestyle / boxing / circuit / BMS						
monday	pump	1215	no	yes 12.30pm	yes	yes
	zumba	1815	no	yes change from Combat	no	no
	boxing	1900	no	yes 8.00pm	no	no
	yoga	1900	yes 7.45pm	yes 6.30pm	no	yes
	pilates	1930	yes yoga 7.45 pm	no	no	no
tues	pump	930	no	yes - step	yes	yes - go low
	pilates	930	yes 9.15am	no	yes	no
	body balance	1045	yes	no	yes	no
	pump	1800	yes 6.30pm	no	no	no
	step	1900	no	yes 6.30pm	no	yes - step combo
	yoga	1915	yes 7.15pm	yes balance 8.30pm	no	no
wed	pump	615	yes	yes	no	no
	gym ball	930	no	no	yes	no
	pilates	1030	no	yes 12.30pm	yes	no
	body balance	1215	yes 12.30pm	yes 12.30 pm pilates	yes	yes
	boxing	1800	yes 5.30pm	yes 7.oopm	no	no
	pilates	1830	yes balance	yes 8.30 pm yoga	no	no
	step	1900	no	no	no	no
	yoga	1930	yes 7.45pm	yes 8.30pm	no	no
thu	yoga	1045	no	no	yes	no
	step	1800	no	yes 6.30pm	no	no
	yoga	1815	yes 7.15pm	no	no	no
	boxing	1900	yes 7.30pm	no	no	no
	pilates	1900	yes - yoga 7.15pm	yes 8.30 yoga	no	yes- pilates 8pm
fri	pump	615	yes	yes	yes - morning fitness	no
	pump	930	no	yes 11.00am	no	no
	circuit	930	yes 9.15am	yes	no	no
sat	step	930	yes	no	no	yes - try fitness
	yoga	1030	no	no	no	no
sun	pump	930	yes step	yes 10.30	no	no
	balance	1700	yes 5.30pm	no	no	no
deep water running						
thu	DWR	700	yes	no	no	no
sat	DWR	930	yes	no	no	no