

Class Timetable 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Core Blast 6.15-7.00	HIIT Class 6.00-6.30	Power Play 6.30-7.15	Glute Gains 6.30-7.00	HIIT Class 7.00-7.30		
Bodysculpt 9.45-10.30	Spin 9.15-10.00	Yogalates 9.45-10.45	Spin 9.15-10.00	Muscle Pump 9.30-10.15	Aqua 9.00-9.45	Latino 9.00-10.00
Yogalates 10.45-11.30	Pilates 09.45-10.30	Pilates 11.00-12.00	Latino 9.15-10.15	Pilates 10.30-11.15	Spin 9.30-10.15	Yoga 10.15-11.30
Mini Ball 12.00-12.45	Aqua 10.00-10.45		Aqua 10.15-11.00	Tai Chi 12.00-1.00	Weight Circuit 10.15-11.00	
	Fitball 10.45-11.30		Stretch and Flow 10.45-11.30		Stretch and Flow 11.15-12.00	
			Fitness Pilates 12.00-12.45			
Pump and Pilates 6.15-7.15	Yoga and Core 6.15-7.15	HIIT Class 6.00-6.30	Yoga 6.00-7.15			
Spin 6.15-7.00		Spin 6.15-7.00				

Please book in advance to avoid disappointment. Bookings can be taken up to 7 days in advance.
Call us on 01534 63 93 93 or visit our reception team.