

Winter Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hybrid Training 6.05-6.50	HIIT Class 6.05-6.50	Weight Circuit 6.30-7.15	Spin 6.00-6.45	Ladies That Lift 6.15-6.45		
Body Sculpt 9.45-10.30	Spin 9.15-10.00	Muscle Pump 10.00-10.45	Spin 9.15-10.00	Boxing 7.00-7.45	Spin 9.15-10.00	Latino 9.00-10.00
Yogalates 10.45-11.30		Pilates 11.00-12.00	Latino 9.15-10.15	Muscle Pump 9.30-10.15	Aqua 10.00-10.45	Yoga 10.15-11.30
Mini Ball 12.00-12.45	Aqua 10.00-10.45		Aqua 10.00-10.45	Pilates 10.30-11.15	Weight Circuit 10.15-11.00	
	Ball and Bar 10.40-11.25		Stretch and Flow 10.30-11.30	Tai Chi 12.00-13.00	Vinyasa Yoga 11.30-12.45	
		HIIT Class 18.00-18.30	Fitness Pilates 12.00-12.45			
Conditioning Circuit 18.15-19.00	Yoga and Core 18.15-19.15	HIIT Class 18.35-19.05	Yoga Flow and Restore 18.00-19.15			
		Spin 18.15-19.00				

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.