

# Spring Timetable 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bootcamp 6.00-6.45 Lee	HIIT 6.05-6.50 Lucy C	Lifting Club 6.30-7.15 Lee		LGC 6.00-6.45 Lee		
Reps 9.45-10.30 Caroline	Aqua 10.00-10.45 Fay	Reps 10.00-10.45 Carol	Zumba 9.15-10.15 Dragos	Boxing 6.45-7.30 Jake		Zumba 9.00-10.00 Dragos
Yoga 10.45-11.30 Caroline	Pilates 10.40-11.25 Vicky	Pilates 11.00-12.00 Carol	Aqua 10.00-10.45 Fay	Reps 9.30-10.15 Carol	Aqua 10.00-10.45 Sheila	Yoga 10.15-11.30 Sophie
Pilates 12.00-12.45 Lucy K			Recharge 10.30-11.30 Lucy K	Pilates 10.30-11.15 Carol	Lifting Club 10.15-11.15 Lee	
			Pilates 12.00-12.45 Lucy K	Tai Chi 12.00-13.00 Steve	Vinyasa Yoga 11.30-12.45 Carol	
		HIIT 18.00-18.30 Jake				
Conditioning Club 18.15-19.00 Mandy	Yoga 18.15-19.00 Caroline	HIIT 18.35-19.05 Jake	Vinyasa Yoga 18.00-19.15 Carol			

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.