

Class Timetable 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODYSCULPT 9:45 - 10:30	SPIN 9:15 - 10:00	STRETCH & SCULPT 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	AQUA 10:00 - 10:45	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
DANCE CLASS 13:00 - 14:00	FITBALL 10:45 - 11:30		AQUA 10:15 - 11:00	TAI CHI 12:00 - 13:00	WEIGHT CIRCUIT 10:15 - 11:00	
	PILATES 11:45 - 12:45		PILATES 10:30 - 11:15			
PUMP & PILATES 18:15 - 19:15	YOGA & CORE 18:15 - 19:15	HIIT CLASS 18:00 - 18:30	PUMP & PILATES 18:15 - 19:15			
SPIN 18:15 - 19:00		YOGA 18:45 - 20:00	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.**