

CLASSES TIMETABLE



MONDAY

AQUAFIT
10:00 - 10:30

AQUAFIT
10:45 - 11:15

STUDIO CYCLING
12:30 - 13:00

STUDIO CYCLING
13:15 - 13:45

FITSTEP
18:00 - 18:30

LEGS,BUMS,TUMS
20:00 - 21:00

TUESDAY

YOGA* (MARION)
10:00 - 11:00

HIIT
11:30 - 12:00

HIIT
17:45 - 18:15

STUDIO CYCLING
18:30 - 19:00

SALSA AEROBICS
19:15 - 20:15

WEDNESDAY

STUDIO CYCLING
12:30 - 13:00

STUDIO CYCLING
13:15 - 13:45

PUMP 30
18:00 - 18:30

PILATES* (MARION)
19:45 - 20:45

THURSDAY

PILATES* (MAXINE)
10:00 - 11:00

PUMP 30
14:00 - 14:30

STUDIO CYCLING
17:30 - 18:00

ABS WORKOUT
18:15 - 18:45

YOGA* (LUCY)
19:00 - 20:00

AQUA AEROBICS
19:30 - 20:15

FRIDAY

FITSTEP
14:00 - 14:30

STUDIO CYCLING
18:00 - 18:30

Class timetable may be subject to change. Members can book 7 days in advance. Daytime members may only book evening classes on the day of the class itself. Yoga & Pilates classes are charged at £3 for members. Non Members are subject to a fee of £7.50 for any class subject to availability. Please ensure you cancel your class place if you are unable to attend.