



Monday

Spinning All Levels
6:15am-7:00am

Spinning All Levels
9:30am - 10:15am

Body Attack
9:30am - 10:30am

Barbell Girl Sessions
9:45am - 10:45am

Express Body Pump
10:30am - 11.15am

Easy Workout
11:15am - 12:00pm

Body Pump
6:00pm - 7:00pm

Spinning All Levels
6:45pm - 7:30pm

Circuit Training (Main Hall)
7:30pm - 8:30pm

Zumba Toning
7:05pm - 7:50pm

Spinning All Levels
7:45pm - 8:30pm

Body Combat
8:00pm - 9:00pm

Tuesday

Spinning All Levels
9:15am-10:00am

Express Body Pump
9:30am - 10:20am

Combat
10:20am - 11:20am

FITMAX30
12:15pm - 12:45pm

Kettlebell
1:00pm - 1:30pm

Aqua
1:10pm - 1:55pm

Zumba Gold
2:30pm - 3:15pm

Clubbercise
6:00pm - 7:00pm

Spinning All Levels
6:30pm - 7:15pm

Body Combat
7:00pm - 8:00pm

Spinning All Levels
7:30pm - 8:15pm

Legs, Bums & Tum
8:00pm - 9:00pm

Wednesday

Spinning All Levels
6:15am - 7:00am

Spinning
9:30am - 10:15am

Body Attack
9:30am - 10:30am

Circuits
10:45am - 11:45am

Water Workout
11:10am - 11:50am

Zumba Toning
6:05pm - 6:50pm

Body Pump
7:00pm - 8:00pm

Spinning All Levels
7:15pm - 8:00pm

Body Attack
8:05pm - 9:00pm

Thursday

Spinning All Levels
9:30am-10:15am

Body Pump
9:45am - 10:45am

Zumba
10:55am - 11:55pm

M.S. Group
12:00pm - 2:00pm

Kettlebell
6:00pm - 6:30pm

Spinning All Levels
6:30pm - 7:15pm

Body Conditioning
6:30pm - 7:30pm

Barbell Girl Sessions
6:30pm - 8.00pm

Spinning All Levels
7:30pm - 8:15pm

Body Pump
7:30pm - 8:30pm

Friday

Spinning All Levels
6:15am-7:00am

Spinning All Levels
9:30am - 10:15am

Circuit Training
9:45am - 10:45am

Spinning
10:30am - 11:15am

Kettlebell
11:00am - 11:30am

Zumba Gold
1:30pm - 2:15pm

Spinning All Levels
6:15pm - 7:00pm

Saturday

Body Attack
8:00am-9:00am

Body Attack
9:00am-10:00am

Spinning All Levels
9:15am - 10:00am

Body Pump
10:00am - 11:00am

Zumba Toning
11:10am - 11:55am

Sunday

Body Pump
8:00am-9:00am

Body Combat
9:00am-10:00am

Spinning All Levels
10:00am - 10:45am

Zumba
10:00am - 11:00am



Classes - Peak	£5.50
Classes - Off Peak	£5.00
Concession Card	£3.50

Peak times: 5pm-Close weekdays. All day weekends.

Please provide a minimum of 4 hours notice for cancellations.