



Monday

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

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

Body Attack
9:30am - 10:30am

Express Body Pump
10:30am - 11:15am

Easy Workout
11:15am - 12:00pm

Yoga* **FIM^{CM}**
11:30am - 12:30pm **1-3**

Sitting Yoga* **1-3**
12:45pm - 1:15pm

Pilates*
1:30pm - 2:30pm

Body Pump
6:00pm - 7:00pm

Dynamic Yoga* **1-2**
6:00pm - 7:00pm

Dynamic Yoga* **3-4**
7:00pm - 8:00pm

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

Pilates*
8:30pm - 9:30pm

Tuesday

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

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

Combat
10:20am - 11:20am

Yoga* **1-3**
10:00am - 11:00pm

Yoga* **FIM^{IN}**
11:00am - 12:00pm **0-2**

FITMAX30
12:15pm - 12:45pm

Kettlebell **FIM^{IN}**
1:00pm - 1:30pm

Aqua Zumba
1:10pm - 1:55pm

Zumba Gold
2:30pm - 3:15pm

Clubbercise
6:00pm - 7:00pm

Box Fitness*
6:00pm - 7:00pm

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

Body Combat
7:00pm - 8:00pm

Beginners Yoga* **2-3**
7:00pm - 8:00pm

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

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

Wednesday

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

Spinning
9:30am - 10:15am

Body Attack
9:30am - 10:30am

Pilates/Stretch*
9:00am - 9:50am

Pilates/Stretch*
9:55am - 10:45am

Circuits
10:45am - 11:45am

Kettlebell **FIM^{IN}**
12:00pm - 12:30pm

Water Workout
11:10am - 11:50am

Young At Heart Activities
12:00pm - 1:00pm

Older Fitness For Health*
1:00pm - 2:00pm

Autism Friendly Circuits^o
5:00pm - 6:00pm

Pilates*
6:00pm - 7:00pm

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

Drop-in Pilates*
8:30pm - 9:30pm

Thursday

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

Yoga* **2**
9:05am - 10:05am

Body Pump
9:45am - 10:45am

Meditation*
10:10am - 11:10am

Zumba
10:55am - 11:55pm

Pilates*
11:15am - 12:15pm

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

Box Fitness*
12:30pm - 1:30pm

Kettlebell
6:00pm - 6:30pm

Fitmax30
6:45pm - 7:15pm

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

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 (Studio)
9:45am - 10:45am

Spinning
10:30am - 11:15am

Kettlebell
11:00am - 11:30am

Pilates Beginner/Medium*
11:00am - 12:00pm

Zumba Gold
1:30pm - 2:15pm

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

Saturday

Body Attack
8:00am-9:00am

Pilates*
9:00am-10:00am

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

Autism Friendly Gym^o
4:00pm - 5:00pm

Sunday

Body Pump
8:00am-9:00am

Body Combat
9:00am-10:00am

Yoga (Vinyasa)* **2-3**
9:00am - 10:00am

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

Zumba
10:00am - 11:00am

PRICES

Classes - Peak	£5.50
Classes - Off Peak	£5.00
Drop-In Pilates / Yoga	£6.60
Concession Card	£3.50

^o**Autism Friendly Sessions**
£2 per session, 12 - 25 yrs

Yoga Intensity
0 = Very gentle Yoga class
1 = Gentle Yoga class
2 = Beginners Yoga class
3 = Intermediate Yoga class
4 = Advanced Yoga class

* Class held in Holistic Hub.
FIM^{IN} = Inclusive class open to all supported by **Fitness In MindTM**.
FIM^{CM} = A community session run by **Fitness In MindTM** volunteers.
£ External class. For booking information please call 01277 215151.
 Peak times: 5pm-Close weekdays. All day weekends.
 Please provide a minimum of 4 hours notice for cancellations.

Please arrive 10 minutes before the start of your class.