

MON

08:30 - 09:10	SPIN
09:30 - 10:10	INJURY PREVENTION
10:30 - 11:20	PUMP
12:00 - 13:00	YOGA [†]
17:10 - 17:40	HIIT
17:45 - 18:15	SPIN
18:30 - 19:10	SPIN
18:40 - 19:25	BOXERCISE (OUTSIDE)
19:25 - 20:05	SPIN

WEDS

08:30 - 09:10	SPIN
09:30 - 10:20	PUMP
12:15 - 12:45	MYZONE HIIT [‡]
14:15 - 15:15	RIP UP (OUTSIDE)
17:15 - 17:45	STRETCH
18:00 - 18:50	PUMP
19:00 - 19:45	KETTLEBELL FITNESS

FRI

07:15 - 08:00	CIRCUITS (OUTSIDE)
08:30 - 09:10	SPIN HIIT
09:30 - 10:20	PUMP
10:35 - 11:20	PURE TONE
11:45 - 12:30	PILATES [†]
18:30 - 19:10	MYZONE SPIN [‡]

TUES

07:15 - 08:00	CIRCUITS (OUTSIDE)
09:00 - 09.55	PILATES [†]
10:05 - 11:00	ADVANCED PILATES [†]
12:15 - 12:45	MYZONE KETTLEBELLS [‡]
17:30 - 18:10	BARRE PILATES
18:00 - 18:45	BOOTCAMP (OUTSIDE)
18:20 - 19:00	PILATES [†]
19:15 - 20:00	SPIN

THURS

08:30 - 09:10	SPIN
09:30 - 10:20	PUMP
14:30 - 15:10	MYZONE CIRCUITS [‡]
18:20 - 19:05	PUMP
19:15 - 20:00	SPIN

SAT

08:00 - 09:00	BOOTCAMP (OUTSIDE)
09:15 - 10:00	KETTLEBELL FITNESS
10:15 - 11:00	SPIN

SUN

08:15 - 09:00	CIRCUITS (OUTSIDE)
09:30 - 10:10	MYZONE SPIN [‡]

Cancellation policy applies - full payment will need to be paid if you fail to notify the club 4 hours prior to class time.

FITNESS CLASS TIMETABLE

FREE FOR GOLD MEMBERS
NON-MEMBERS £7.50 PER CLASS

An Off peak member can take part in classes with a surcharge of £2.00 per class.

[‡]Virtual MYZONE class £5.00 per session - not instructor led.

[†]Classes (Yoga & Pilates) are also available on Zoom with code 87044484414.



10% OFF
FOOD & DRINK
@ZEBRAS DEN.

EXCLUSIVE TO OUNDLE
FITNESS MEMBERS.