

MON

08:30 - 09:10	SPIN
09:30 - 10:10	INJURY PREVENTION
10:30 - 11:20	PUMP
17:10 - 17:40	HIIT SPIN
17:45 - 18:15	SPIN
18:30 - 19:10	BOXERCISE (OUTSIDE)
18:40 - 19:25	SPIN
19:25 - 20:05	SPIN

WEDS

08:30 - 09:10	SPIN
09:30 - 10:20	PUMP
17:15 - 17:45	STRETCH
18:00 - 18:45	CIRCUITS (OUTSIDE)
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 [†]

TUES

07:15 - 08:00	CIRCUITS (OUTSIDE)
09:00 - 09:55	PILATES ^{†*}
10:05 - 11:00	BARRE PILATES*
17:30 - 18:10	BARRE PILATES*
18:00 - 18:45	BOOTCAMP (OUTSIDE)
18:20 - 19:00	PILATES ^{†*}
19:15 - 20:00	SPIN

- We Kindly ask you only book one Pilates/BARRE Pilates where possible to allow other members a chance to attend these busy classes. Please do not book "back to back" classes. If spaces remain on the day, you will then be allow to join.

THURS

08:30 - 09:10	SPIN
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)
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Cancellation policy: Members: Failure to cancel less than 1 hour before a class on 3 occasions will result in a restriction on class bookings. **Non-Members:** Full payment applies if you fail to notify the club 4 hours prior to class time.

FITNESS CLASS TIMETABLE

FREE FOR GOLD MEMBERS NON-MEMBERS £8.00 PER CLASS

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



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