

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning Classes	RPM LM 9.15 - 10.00	Keiser Ride 9.15 - 10.00	Sprint LM 7.00 - 7.30	GRIT Plyo LM 7.30 - 8.00	Keiser Ride 7.00 - 7.30	GRIT Cardio LM 7.55 - 8.25	Zumba 9.00 - 10.00
	GRIT Strength LM 9.30 - 10.00	Stretch 9.15 - 10.00	HIT Cardio 9.15 - 10.00	Body Combat LM 9.15 - 10.15	HIT Cardio 9.15 - 9.45	GRIT Strength LM 8.30 - 9.00	RPM LM 9.15 - 10.00
	Aquafit * 9.45 - 10.30	Body Combat LM 9.15 - 10.15	RPM LM 9.15 - 10.00	Keiser Ride 9.15 - 10.00	Sh'bam 9.45 - 10.30	Body Attack LM 9.15 - 10.15	Body Pump LM 10.15 - 11.15
	Body Pump LM 10.15 - 11.15	Abs Blast 10.15 - 10.45	Body Pump LM 10.00 - 11.00	Advanced Yoga 9.00 - 10.15	BOXFIT 9.45 - 10.40	Keiser Ride 9.30 - 10.15	Body Balance LM 11.30 - 12.30
	Advanced Yoga 11.00 - 12.15	Pilates 10.15 - 11.00	Sh'bam 10.15 - 11.00	GRIT Strength LM 10.30 - 11.00	Keiser Ride 9.50 - 10.35	Body Balance LM 9.30 - 10.30	
	Aquafit * 11.15 - 12.00	Pilates 11.15 - 12.15	Sh'bam LM 10.30 - 11.15	Body Pump LM 10.45 - 11.45	Ashtanga Yoga 10.30 - 11.45		
		Tap Dance 12.30-1.15	Stretch 11.15 - 12.00	Body Balance 11.00 - 12.00	Body Combat LM 10.15 - 11.15		
					Body Pump LM 11.15 - 12.15		
Afternoon/evening Classes	Senior Circuits 12.15 - 1.00	Senior Circuits 12.15 - 1.00	Tap Dance 12.30-1.15	Senior Circuits 12.15 - 1.00	Stretch 12.00 - 12.45		
	All Levels Yoga 12.15 - 1.15	Pilates 12.15 - 1.00	GRIT Strength LM 1.00 - 1.30	Aquafit * 12.00 - 1.00	Tai Chi 1.00 - 1.45		
	Zumba Gold 1.30 - 2.30	Zumba Gold 1.00 - 2.00	All Levels Yoga 2.15 - 3.15	Pilates 1.00 - 2.00	GRIT Plyo LM 5.30 - 6.00		
	LBT 6.00 - 6.45	Body Pump LM 6.00 - 7.00	Pilates 6.15 - 7.00	GRIT Cardio LM 5.30 - 6.00	Body Pump LM 6.00 - 7.00		
	Body Jam LM 6.00 - 7.00	RPM LM 6.15 - 7.00	Body Combat LM 6.15 - 7.15	LBT 6.00 - 6.45	Sprint LM 6.15 - 6.45		
	Aquafit * 6.00 - 6.45	Boxfit * 6.30 - 7.30	RPM LM 6.30 - 7.15	Body Jam LM 6.00 - 7.00			
	Keiser Ride 6.15 - 7.00	Old Skool Body Combat LM 7.00 - 7.45	Advanced Yoga 7.00 - 8.15	Circuits * 6.15 - 7.00			
	Body Pump 6.45 - 7.45	Body Balance LM 7.00 - 8.00	Body Pump LM 7.15 - 8.15	Keiser Ride 6.15 - 7.00			
	Body Balance LM 7.00 - 8.00	RPM LM 7.30 - 8.15	Sprint LM 7.30 - 8.00	Body Pump 6.45 - 7.45			
	Body Combat LM 7.05 - 7.50 *	Body Attack LM 8.00 - 9.00		Boot Camp * 7.00 - 8.00			
Ashtanga Yoga 8.00 - 9.15	GRIT Strength LM 9.00 - 9.30		Sh'bam LM 7.00 - 7.45				
			RPM LM 7.15 - 8.00				
			Body Attack LM 8.00 - 8.45				

- HIT STUDIO
- HOLISTIC STUDIO
- CYCLING STUDIO
- SWIMMING POOL
- SPORTS HALL
- POOL / OUTDOORS

LM - Les Mills classes
* - No need to book

VIRTUAL STUDIO CYCLING

<p>Monday</p> <p>07.00am - RPM - 30 mins 11.00am - RPM - 49 mins 12.15pm - RPM - 30 mins 13.00pm - RPM - 30 mins 14.00pm - RPM - 49 mins 16.00pm - RPM - 30 mins 17.00pm - RPM - 49 mins 21.00pm - RPM - 30 mins</p> <p>Tuesday</p> <p>07.00am - RPM - 30 mins 11.00am - RPM - 49 mins 12.15pm - RPM - 30 mins 13.00pm - RPM - 30 mins 14.00pm - RPM - 30 mins 15.00pm - RPM - 30 mins 16.00pm - RPM - 30 mins 17.00pm - RPM - 30 mins 21.00pm - RPM - 30 mins</p> <p>Wednesday</p> <p>11.00am - RPM - 49 mins 12.30pm - RPM - 30 mins 13.30pm - RPM - 30 mins 14.30pm - RPM - 30 mins 15.30pm - RPM - 49 mins 17.00pm - RPM - 49 mins 21.00pm - RPM - 30 mins</p>	<p>Thursday</p> <p>07.00am - RPM - 30 mins 11.00am - RPM - 49 mins 12.15pm - RPM - 49 mins 13.30pm - RPM - 30 mins 14.30pm - RPM - 49 mins 16.00pm - RPM - 30 mins 17.00pm - RPM - 30 mins 21.00pm - RPM - 30 mins</p> <p>Friday</p> <p>11.00am - RPM - 49 mins 12.30pm - RPM - 30 mins 13.30pm - RPM - 30 mins 15.00pm - RPM - 49 mins 16.30pm - RPM - 30 mins 19.30pm - RPM - 49 mins 21.00pm - RPM - 30 mins</p> <p>Saturday</p> <p>08.15am - RPM - 30 mins 11.30am - RPM - 49 mins 13.30pm - RPM - 30 mins 16.00pm - RPM - 30 mins 18.00pm - RPM - 30 mins</p> <p>Sunday</p> <p>10.30am - RPM - 30 mins 11.30am - RPM - 30 mins 13.00pm - RPM - 49 mins 18.45pm - RPM - 30 mins</p>
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For cancellations ONLY please text
07795 665 465*

*Please note this number is for cancellations ONLY and by text ONLY (no reply).
Please try to cancel at least 24 hours before your class.

All classes are subject to regular review and timetables may change at any time to meet customer demand. Bookings for members are 7 days in advance, whilst bookings for non members are 48 hours in advance. Please arrive 5 minutes before the class starts and advise the instructor if you have any injuries or health conditions they need to be aware of. For health and safety reasons please do not enter the studio if a class has already started. We have a very high demand for our classes so if you are unable to make the class then you need to cancel at least 24 hours before in order that someone else will have the opportunity to take your place. Failure to cancel may result in not being able to book any future classes for at least 7 days.