

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

08:00

09:00

10:00

11:00

12:00

13:00

14:00

15:00

16:00

17:00

18:00

19:00

20:00

21:00

22:00

STEP
9:30 - 10:15

PILATES
10:30 - 11:45

WATER AEROBICS
(female only)
13:00 - 13:45

YOGA
14:30 - 15:30

CORE STABILITY
9:15 - 10:00
(female only)

ZUMBA
10:10 - 10:55

WATER AEROBICS (female only)
11:15 - 12:00

PILATES 11:15 - 12:15

LBT
9:15 - 10:15
(female only)

STRONG
By Zumba
10:30 - 11:15

Yes2Yoga
12:00 - 13:00

WATER AEROBICS
(female only)
13:00 - 13:45

PRIMAL - CONDITION 17:15 - 17:45

PILATES
18:00 - 19:00

BODY BLAST 19:15 - 20:00
WATER AEROBICS (female only)
19:00 - 19:45

BODY PUMP
20:05 - 21:05

BODY PUMP
(female only)
9:20 - 10:20

YOGA
10:30 - 11:30

WATER AEROBICS (female only)
11:15 - 12:00

ZUMBA
(female only)
18:30 - 19:15

SPIN FUSION
19:30 - 20:15

BODY COMBAT
20:30 - 21:30

PILATES
(female only)
8:30 - 9:30

PILATES
9:30 - 10:30

LBT
(female only)
10:45 - 11:45

WATER AEROBICS
(female only)
12:05 - 12:50

RPM
18:20 - 19:05

BODY COMBAT
19:15 - 20:15

BODY PUMP
20:20 - 21:20

PILATES
(female only)
8:30 - 9:30

RPM
9:00 - 9:45

LBT
(female only)
10:45 - 11:45

WATER AEROBICS
(female only)
12:05 - 12:50

HIIT
13:15 - 14:00

PRIMAL-STRENGTH 17:30 - 18:00

RPM
18:20 - 19:05

BODY COMBAT
19:15 - 20:15

BODY PUMP
20:20 - 21:20

RPM
9:00 - 9:45

BODY COMBAT
10:00 - 11:00

STEP
11:05 - 12:05

YOGA
12:30 - 13:30

HIMALAYAN HATHA YOGA
£3 per person
16:00 - 17:00

PRIMAL - CONDITION 17:15 - 17:45

PILATES
18:00 - 19:00

BODY BLAST 19:15 - 20:00
WATER AEROBICS (female only)
19:00 - 19:45

BODY PUMP
20:05 - 21:05

Low Intensity Medium Intensity High Intensity