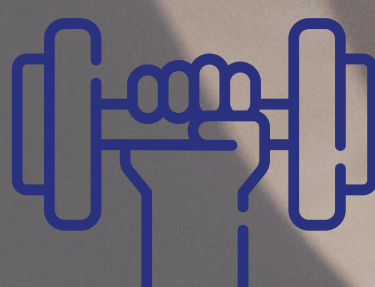


CLASS PROGRAMME

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BODYATTACK 09:30 - 10:30	Indoor Cycling 09:30 - 10:15	Bootcamp 08:30 - 09:15	Strength Development 08:30 - 09:15	Indoor Cycling 09:30 - 10:15	Indoor Cycling 09:30 - 10:15	BODYPUMP 09:30 - 10:30 
BODYPUMP 10:30 - 11:30 	LBT 10:30 - 11:30 	BODYPUMP 09:30 - 10:30 	Indoor Cycling 09:30 - 10:15	BODYATTACK 09:30 - 10:30	Strength Development 10:30 - 11:15	BODYBALANCE 10:30 - 11:30 
Pilates 11:45 - 12:45 	Buggy Bootcamp 11:00 - 11:45	BODYBALANCE 10:40 - 11:30 	HIITCIRCUIT 09:30 - 10:15	BODYPUMP 10:30 - 11:30 	Shapes 11:30 - 12:15 	
			Active Adults 10:00 - 12:00	Buggy Bootcamp 11:15 - 12:00		
			BODYBALANCE 10:20 - 10:50 	BODYBALANCE 11:45 - 12:30 		
Indoor Cycling 12:00 - 12:45	HIITSTEP 12:15 - 13:00	HIITCIRCUIT 12:15 - 13:00	Yoga 12:00 - 13:00 	Thrive 13:00 - 13:45 		
Easy Mix 13:15 - 14:00 			Bootcamp 12:15 - 13:00	Water Fitness 15:00 - 15:45 		
Indoor Cycling 18:00 - 18:45	Gym Circuit 17:45 - 18:30	Indoor Cycling 17:30 - 18:15	BODYPUMP 18:00 - 19:00	Indoor Cycling 18:00 - 18:45		
BODYCOMBAT 18:00 - 19:00 	BODYSTEP 18:00 - 19:00	BODYCOMBAT 18:00 - 19:00 	Yoga 19:00 - 20:00 			
HIITSTEP 18:15 - 18:45	Indoor Cycling 18:00 - 18:45	Bootcamp 18:15 - 19:00				
BODYPUMP 19:00 - 20:00 	Shapes 19:00 - 19:45 	Water Fitness 19:15 - 20:00 				
Water Fitness 19:10 - 19:55 		Beginners Yoga 19:10 - 19:40 				
		STUDIO	GYM	POOL	SPORTS HALL	CYCLING STUDIO



For Class Bookings



For Membership Information



 Pregnancy Appropriate Classes