

Group Fitness Class Timetable

Monday 17 May - Sunday 03 October 2021

Sports Centre

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

12.30-13.15 Spin Studio	Spin Cycling Fraser	12.30-13.15 Studio 1&2	BODYPUMP & CORE Scott	12.30-13.00 Studio 1&2	Total Body HIIT Leila	12.30-13.15 Studio 3	Yoga (Beginners) Sally C	12.30-13.15 Spin Studio	Spin Cycling Jill A
17.15-18.00 Studio 3	Yoga (Fitness) Kate			17.30-18.15 Studio 3	Yoga (Vinyasa) Holly	17.15-18.00 Studio 1&2	BODYPUMP Melissa		
17.30-18.15 Studio 1&2	BODYPUMP Melissa	17.30-18.15 Spin Studio	Spin Cycling Caroline	17.30-18.15 Studio 1&2	BODYPUMP & CORE Scott	17.30-18.15 Spin Studio	Spin Cycling Leila		

Please Note: Classes are subject to change. Please log into our APP to see the most up to date group fitness class timetable.

NOTE:

1. Class booking is COMPULSORY. Please book online or via our app
2. Each class participant will have their own workout station
3. Participants are required to clean equipment BEFORE & AFTER use
4. No sharing of studio equipment
5. Participants are encouraged to arrive ready to train, bring their own water & Yoga/Pilates mat
6. NO SHOW & LATE CANCELLATION charges apply