

Fitness Classes

- We ask you come to your Fitness Class ready to exercise
- Please bring a full drinks bottle and an exercise Mat for holistic classes
- Classes will be shorter (programmed below) and only available to Gold members

Monday 06:00 - 22:30

Time	Class	Location	Instructor
07:00 - 07:45	Indoor Cycling	Studio 2	Mandy
09:15 - 10:00	Pilates (All)	Studio 1	Robyn
10:15 - 11:00	Body Conditioning	Studio 1	Robyn
11:15- 12:00	Yoga	Studio 1	Anna
18:00 - 18:45	Body Attack	Studio 1	Clive
19:00 - 19:45	Indoor Cycling (CC)	Studio 2	Julia
19:00 - 19:45	Legs Bums Tums	Studio 1	Clive

Tuesday 06:00 - 22:30

Time	Class	Location	Instructor
07:00 - 07:45	Kettlecise	Studio 1	Mandy
09:15 - 10:00	Indoor Cycling (CC)	Studio 2	Shane
10:30 - 11:15	Pilates (All)	Studio 1	Sam
11:30-12:15	Yoga	Studio 1	Sam
18:00 - 18:45	Step	Studio 1	Ceri
19:00 - 19:45	Body Conditioning	Studio 1	Robyn
19:00 - 19:45	Indoor Cycle	Studio 2	Alex M
19:00 - 19:45	Aqua Fit	Swimming Pool	Sara**
20:00 - 20:45	Sh'Bam	Studio 1	Robyn

Wednesday 06:00 - 22:30

Time	Class	Location	Instructor
07:00 - 07:45	Indoor Cycling	Studio 2	Ceri
09:30 - 10:15	Step	Studio 1	Ceri
10:30 - 11:15	Legs Bums Tums	Studio 1	Leanne
11:30 - 12:15	Body Balance	Studio 1	Sam
18:00 - 18:45	Indoor Cycling (CC)	Studio 2	Shane
18:00 - 18:45	Body Pump	Studio 1	Annie
19:00 - 19:45	Circuits	Sports Hall	Shane
19:00 - 19:45	Body Balance	Studio 1	Annie

Thursday 06:00 - 22:30

Time	Class	Location	Instructor
09:00 - 09:45	Aqua Fit	Swimming Pool	Sara**
09:30 - 10:15	Indoor Cycling	Studio 2	Sarah
09:30 - 10:15	Pilates (All)	Studio 1	Anna
10:30 - 11:15	Body Conditioning	Studio 1	Sarah
18:00 - 18:45	Body Attack	Studio 1	Clive
18:00 - 18:45	Indoor Cycle	Studio 2	Sarah W
19:00 - 19:45	Body Conditioning	Studio 1	Clive
20:00—20:45	Body Balance	Studio 1	Clive

Friday 06:00 - 22:00

Time	Class	Location	Instructor
07:00 - 07:45	Indoor Cycling (CC)	Studio 2	Shane
09:30 - 10:15	Legs Bums Tums	Studio 1	Clive
10:30 - 11:15	Body Balance	Studio 1	Clive
11:30 - 12:15	Zumba	Studio 1	Georgie R
18:00 - 18:45	Indoor Cycling	Studio 2	Ceri

Saturday 08:00 - 18:00

Time	Class	Location	Instructor
09:00 - 9:45	Body Attack	Studio 1	Jayne
09:00 - 09:45	Circuits	Sports Hall	Shane
09:00 - 9:45	Indoor Cycling (CC)	Studio 2	Julia
10:00 - 10:45	Body Pump	Studio 1	Jamie

Sunday 08:00 - 18:00

Time	Class	Location	Instructor
09:00 - 09:45	Indoor Cycling	Studio 2	Ceri
10:00 - 10:45	Yoga	Studio 1	Georgie R