

- We ask you come to your Fitness Class ready to exercise
- Please bring a full drinks bottle and an exercise Mat for holistic classes
- Some studios have changed names, to accommodate our brand new activity spaces. Rest assured, the classes will be in the same venues as before Lockdown, just with different names!

Monday 06:00 - 22:30

Time	Class	Location	Instructor
07:00 - 07:45	Indoor Cycling	Studio 1	Ceri
09:15 - 10:00	Pilates (All)	Studio 3	Robyn
10:15 - 11:00	Body Conditioning	Studio 3	Robyn
11:15- 12:00	Yoga	Studio 3	Anna
18:00 - 18:45	Body Attack	Studio 3	Clive
19:00 - 19:45	Indoor Cycling (CC)	Studio 1	Julia
19:00 - 19:45	Legs Bums Tums	Studio 3	Clive

Tuesday 06:00 - 22:30

Time	Class	Location	Instructor
07:00 - 07:45	GRIT Strength	Studio 3	Sarah W
09:15 - 10:00	Indoor Cycling (CC)	Studio 1	Shane
10:30 - 11:15	Pilates (All)	Studio 3	Sam
11:30-12:15	Yoga	Studio 3	Sam
18:00 - 18:45	Step	Studio 3	Ceri
19:00 - 19:45	Body Conditioning	Studio 3	Robyn
19:00 - 19:45	Indoor Cycle	Studio 1	Alex M
19:00 - 19:45	Aqua Fit	Swimming Pool	Sara**
20:00 - 20:45	Sh'Bam	Studio 3	Robyn

Wednesday 06:00 - 22:30

Time	Class	Location	Instructor
07:00 - 07:45	Indoor Cycling	Studio 1	Ceri
09:30 - 10:15	Step	Studio 3	Ceri
10:30 - 11:15	Legs Bums Tums	Studio 3	Leanne
11:30 - 12:15	Body Balance	Studio 3	Sam
18:00 - 18:45	Indoor Cycling (CC)	Studio 1	Shane
18:00 - 18:45	Body Pump	Studio 3	Annie
19:00 - 19:45	Circuits	Sports Hall	Shane
19:00 - 19:45	Body Balance	Studio 3	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 1	Sarah
09:30 - 10:15	Pilates (All)	Studio 3	Anna
10:30 - 11:15	Body Conditioning	Studio 3	Sarah
18:00 - 18:45	Body Attack	Studio 3	Clive
18:00 - 18:45	Indoor Cycle	Studio 1	Sarah W
19:00 - 19:45	Body Conditioning	Studio 3	Clive
20:00 - 20:45	Body Balance	Studio 3	Clive

Friday 06:00 - 22:00

Time	Class	Location	Instructor
07:00 - 07:45	Indoor Cycling (CC)	Studio 1	Shane
09:30 - 10:15	Legs Bums Tums	Studio 3	Clive
10:30 - 11:15	Body Balance	Studio 3	Clive
11:30 - 12:15	Zumba	Studio 3	Georgie R
18:00 - 18:45	Indoor Cycling	Studio 1	Ceri

Saturday 08:00 - 18:00

Time	Class	Location	Instructor
09:00 - 9:45	Body Attack	Studio 3	Jayne
09:00 - 09:45	Circuits	Sports Hall	Shane
09:00 - 9:45	Indoor Cycling (CC)	Studio 1	Julia
10:00 - 10:45	Body Pump	Studio 3	Annie

Sunday 08:00 - 18:00

Time	Class	Location	Instructor
09:00 - 09:45	Indoor Cycling	Studio 1	Ceri
10:00 - 10:45	Yoga	Studio 3	Georgie R