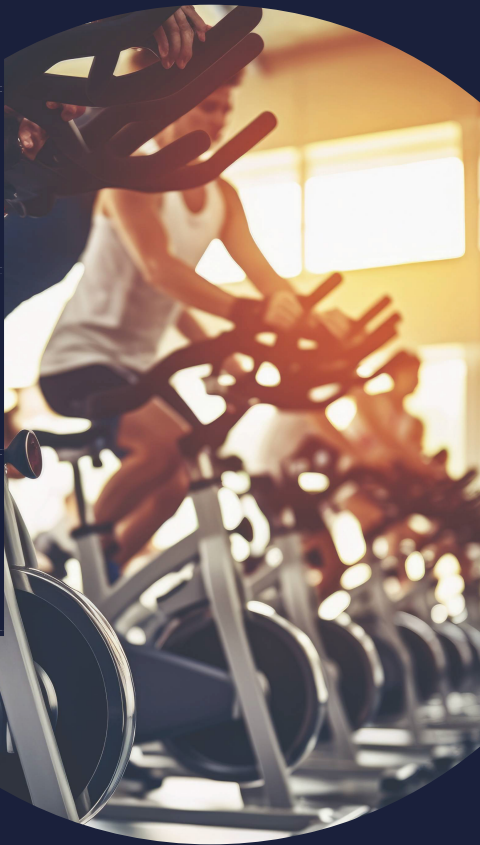




CLASS TIMETABLE

MON	TUE	WED	THUR	FRI	SAT	SUN
06:20 Spin Class 45 Mins	06:20 Functional 45 Mins	06:20 Spin Class 45 Mins	06:20 Functional 45 Mins	06:20 Spin Class 45 Mins	08:00 Functional 45 Mins	08:00 Spin Class 45 Mins
07:15 Studio Pump 45 Mins	11:00 Active Life (Over 50s) 45 Mins	07:15 HIIT 30 Mins	09:30 Yin Yoga 45 Mins	07:15 Circuits 45 Mins	10:30 HIIT 30 Mins	10:30 Circuits 45 Mins
09:30 Functional 30 Mins	18:00 Legs, Bums and Tums 45 Mins	09:15 Pilates 45 Mins	11:00 Active Life (Over 50s) 45 Mins	09:30 Functional 30 Mins	11:00 Abs Blast 30 Mins	
12:15 Aquaerobics 45 Mins	19:00 Step Aerobics 45 Mins	12:15 Aquaerobics 45 Mins	17:15 Abs Blast 30 Mins	12:15 Aquaerobics 45 Mins		
18:00 Vinyasa Yoga 60 Mins		18:00 Studio Pump 45 Mins	18:00 Pilates 45 Mins	17:00 Yin Yoga 45 Mins		
18:00 Spin Class 45 Mins		19:00 Spin Class 45 Mins	19:00 Pilates 45 Mins	18:00 Studio Pump 45 Mins		
19:00 HIIT 30 Mins		19:00 Zumba 45 Mins	20:00 Functional 30 Mins	19:00 Box Fit 45 Mins		
19:30 Abs Blast 30 Mins		20:00 Aquaerobics 45 Mins				



SIGN UP NOW!

Membership Plans
from £24.99