

# CLASS TIMETABLE

Correct as of April 2026



All classes must be pre booked 6 days in advance and if you can't attend then please let us know.

| MONDAY                           | TUESDAY                         | WEDNESDAY                                        | THURSDAY                          | FRIDAY                       |
|----------------------------------|---------------------------------|--------------------------------------------------|-----------------------------------|------------------------------|
| 13.30 - 14.15<br><b>AQUA</b>     | 10.30 - 11.15<br><b>ZUMBA</b>   | 06.45 - 07.30<br><b>SPIN</b>                     |                                   | 06.45 - 07.15<br><b>SPIN</b> |
| 17.45 - 18.30<br><b>FIT CAMP</b> | 18.00 - 18.45<br><b>BOX FIT</b> | 10.45 - 11.45<br><b>TAI CHI &amp; HATHA FLOW</b> | 09.30 - 10.15<br><b>AQUA</b>      |                              |
| 18.30 - 18.45<br><b>FAST ABS</b> | 18.45 - 19.00<br><b>CORE</b>    | 18.30 - 19.30<br><b>PILATES</b>                  | 18.00 - 18.45<br><b>BOX FIT</b>   |                              |
| 19.00 - 19.30<br><b>SPIN</b>     |                                 | 19.30 - 20.15<br><b>POWER PILATES</b>            | 18.45 - 19.00<br><b>AB ATTACK</b> |                              |

For studio based classes a minimum of 3 attendees must be booked on for the class to go ahead

| PRICES | Free of charge to peak members              |
|--------|---------------------------------------------|
|        | £2.50 to off-peak members during peak hours |
|        | £5 to guests of members                     |

## AB ATTACK

A short but intense session attacking the core muscles.

## AQUA

A fun way to exercise in the water. Classes focus on aerobic endurance and resistance training.

## BOX FIT

Box Fit is an exercise concept based on the training methods used by boxers. Sessions typically involve hitting focus pads but no class involves hitting an opponent. It is a fun, challenging and safe workout which is great for stress busting, accessible to all ages and fitness levels.

## CORE

Work your core muscles to their maximum with an intense core workout.

## FAST ABS

A short but intense session attacking the core muscles.

## FIT CAMP

Full body workout incorporating dumbbell, barbell, kettlebell and body weight training.

## PILATES

Foundational movements, core activation, and breath awareness. Learn correct form and build confidence as you strengthen and lengthen your entire body.

## POWER PILATES

A more intense, full-body mat class focusing on strength, control, and endurance. Designed for those looking for an extra challenge, with the option to incorporate light weights for added intensity.

## SPIN

Whether you're a serious cyclist or just love the calorie burn of Spinning, this is the class for you! This high energy ride will take you to a new level of fitness using cadence, and heart rate drills. Come on in and reap the benefits!

## TAI CHI & HATHA FLOW

A gentle, grounding class that begins with slow, flowing Tai Chi movements to settle the mind and warm the body from the inside out. Once you feel centred and calm, we move into a soft Hatha flow to open the joints, ease tension and create space in the body. This practice is perfect if you're looking to release stress, improve balance, coordination, flexibility and joint health as well as reconnect with yourself in a peaceful, supportive way. This is a beautiful mid week reset for your whole system.

## ZUMBA

A dance fitness class, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility.