

Class Timetable

MONDAY

9.30	Zumba	45 mins
10.30	Sculpt Arms	45 mins
17.00	Abs Blast	30 mins
17.30	HIIT Spin	30 mins
17.30	Zumba Sculpt	40 mins
18.15	Circuit	40 mins
18.30	Spin	30 mins
19.00	Legs, Bums and Tums	45 mins

TUESDAY

9.30	Spin	45 mins
9.30	Yoga	50 mins
10.30	Legs, Bums & Tums	45 mins
12.15	Get Active!	45 mins
17.30	Barbell Extreme	40 mins
18.15	Beginner's Yoga	40 mins
18.30	HIIT Spin	30 mins
19.00	Yoga	45 mins

WEDNESDAY

8.00	HIIT Spin	30 mins
9.30	Total Tone	45 mins
10.30	Yoga	60 mins
12.15	Sculpt Arms	30 mins
17.00	Legs, Bums & Tums	30 mins
17.30	Zumba	45 mins
18.15	Pilates	45 mins
18.30	Spin	45 mins
19.00	Power Pilates	30 mins

THURSDAY

9.30	Spin	45 mins
10.30	Pilates	45 mins
12.15	Well-Being Flow	50 mins
17.30	Sculpt Arms	30 mins
18.00	HIIT Spin	30 mins
18.00	Cardio Combat	30 mins
18.45	Yoga	40 mins
19.30	Yoga	40 mins

FRIDAY

8.00	Yoga	30 mins
9.30	HIIT	45 mins
10.30	Get Active Circuit	45 mins
12.15	Beginner's Spin	30 mins
17.30	Spin	45 mins

SATURDAY

9.30	Spin	45 mins
10.30	Total Tone	45 mins

SUNDAY

9.30	Spin	45 mins
10.30	Circuit	45 mins

Scan the QR code to
book a class now!



Class Descriptions

ABS BLAST

Exercise concentrating on the body's core, obliques and back.

BARBELL EXTREME

A barbell-based workout that's specifically designed to help you get lean, toned and fit.

CARDIO COMBAT

A full body interval class that burns the maximum number of calories. It is suitable for people with a moderate to high fitness level and incorporates exercises such as jabs and front kicks.

CIRCUIT

A form of body conditioning that involves endurance training, resistance training, aerobics, and exercises performed in a circuit.

GET ACTIVE

A class for more mature beginners. A mix of strengthening and fitness exercises, that can be done with or without a chair, whilst listening to classic songs.

GET ACTIVE CIRCUIT

A station based class for more mature members. A mix of strengthening and fitness exercises, that can be done with or without a chair, whilst listening to motivational retro songs.

HIIT

High Intensity Interval Training. A workout involving core, compound & cardio exercises. High bursts of energy with short rest periods.

LEAN LEGS

A lower body workout aimed to strengthen and shape your lower body.

LEGS, BUMS & TUMS

Strengthen and tone those specific areas, including inner and outer thighs.

PILATES

A class that will improve posture, flexibility, core strength, balance, and body awareness. Suitable for all levels and ages.

SCULPT ARMS

Exercises focused on all the shoulder and arm area to create a sculpted look.

SPIN

Pedal through hill climbs, sprints, and many other challenging drills and exercises which is set to exciting music tracks and choreographed to provide an excellent workout and improve cardio.

TOTAL TONE

A full body workout using free weights to help strengthen, shape and tone.

WELL-BEING FLOW

This is an adapted form of Yoga which can be done seated or standing and also includes some seated meditation.

YOGA

Yoga is a practice that connects the body, breath, and mind. It uses physical postures, breathing exercises, and meditation to improve overall health.

ZUMBA

Alternating fast and slow rhythms that combine Latin and international music with dance moves from around the world.

ZUMBA SCULPT

Zumba with light weights to help tone the whole of the body.