

CLASS TIMETABLE

MONDAY		
9.30	Zumba	45 Mins
10.30	Sculpt Arms	45 Mins
12.15	Active Beats	30 Mins
17.00	Abs Blast	30 Mins
17.30	HIIT Spin	30 Mins
17.30	Sculpt Arms	40 Mins
18.15	Zumba Sculpt	40 Mins
18.30	Virtual Spin	30 Mins
19.00	Legs, Bums & Tums	45Mins

TUESDAY		
9.30	Spin	45 Mins
9.30	Yoga	50 Mins
10.30	Legs, Bums and Tums	45 Mins
12.15	Get Active	45 Mins
17.30	Burn	30 Mins
17.30	Barbell Extreme	40 Mins
18.15	Beginner Yoga	40 Mins
18.30	HIIT Spin	30 Mins
19.00	Yoga	40 Mins

WEDNESDAY		
8.00	HIIT Spin	30 Mins
9.30	Yoga	50 Mins
10.30	Total Tone	45 Mins
12.15	Mind & Movement	45 Mins
17.00	Legs, Bums & Tums	25 Mins
17.30	Zumba	40 Mins
17.30	Burn	30 Mins
18.15	Pilates	40 Mins
18.30	Spin	45 Mins
19.00	Pilates	30 Mins

THURSDAY		
9.30	Spin	45 Mins
9.30	Beginner Pilates	45 Mins
10.30	Pilates	45 Mins
12.15	LIIT	30 Mins
17.00	Barbell Extreme	45 Mins
18.00	Cardio Combat	40 Mins
18.30	HIIT Spin	30 Mins
18.45	Yoga	40 Mins
19.30	Yoga	40 Mins

FRIDAY		
9.30	HIIT	45 Mins
10.30	Abs Blast	30 Mins
12.15	Get Active Circuit	45 Mins
17.00	Sculpt Arms	30 Mins
17.30	Spin	45 Mins
18.30	Virtual 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 HERE TO
BOOK A CLASS**

CLASSES CAN BE
BOOKED UP TO 7 DAYS
IN ADVANCE



CLASS TIMETABLE

ABS BLAST

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

ACTIVE BEATS

A beginner-friendly class that gets you moving to the rhythm. With simple steps and lively music its the perfect way to stay active and have fun.

BARBELL EXTREME

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

BURN

A high-intensity class designed to torch calories and boost your fitness. Combining spin bikes with dynamic floor exercises.

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.

GET ACTIVE

A class for more mature beginners. A mix of strengthening and fitness exercises whilst listening to retro songs.

GET ACTIVE CIRCUIT

A station based class for more mature beginners. A mix of strengthening and fitness exercises whilst listening to retro songs.

HIIT

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

LEGS,BUMS & TUMS

Strengthen and tone the legs, including inner & outer thigh and glutes.

LIIT

Low Intensity Interval Training. A workout designed for beginners, incorporating core, compound, and cardio exercises. It features longer intervals of moderate activity with extended rest periods.

MIND & MOVEMENT

A gentle mobility class for those with limited mobility, focusing on improving flexibility and balance. The session ends with 15 minutes of relaxation to help you unwind and feel refreshed.

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 & choreographed to exciting music tracks and choreographed to improve cardio.

Virtual Spin is on the tv without a live instructor.

TOTAL TONE

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

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.