

CLASS TIMETABLE

MONDAY

9.30	Zumba	45 Mins
10.30	Sculpt Arms	30 Mins
17.00	Abs Blast	30 Mins
17.30	Studio Cycling	30 Mins
17.30	Sculpt Arms	30 Mins
18.00	Cardio Combat	40 Mins
19.00	Virtual Studio Cycling	45 Mins
19.00	Pilates	45 Mins

TUESDAY

9.30	Studio Cycling	45 Mins
9.30	Yoga	50 Mins
10.30	HIIT	45 Mins
12.15	Get Active	45 Mins
17.30	Flex & Flow	40 Mins
18.15	Burn	30 Mins
18.45	Yoga	40 Mins
19.30	Legs, Bums & Tums	30 Mins

WEDNESDAY

8.00	Studio Cycling	30 Mins
9.30	Total Tone	45 Mins
10.30	Yoga	40 Mins
12.15	Active Trainer	45 Mins
17.00	Legs, Bums & Tums	40 Mins
18:00	Dance Fit	40 Mins
18.15	Studio Cycling	30 Mins
18.45	Pilates	45 Mins

THURSDAY

9.30	Burn	30 Mins
10.30	Pilates	50 Mins
12.15	Get Active Circuit	45 Mins
17.00	Barbell Extreme	40 Mins
18.00	Burn	30 Mins
18.45	Yoga	40 Mins
19.00	Virtual Studio Cycling	45 Mins
19.30	Yoga	40 Mins

FRIDAY

9.30	HIIT	30 Mins
10.15	Abs & Arms	40 Mins
12.15	Mind & Movement	45 Mins
17.00	Barbell Extreme	40 Mins
17.45	Studio Cycling	30 Mins
18.30	Virtual Studio Cycling	45 Mins

SATURDAY

9.30	Studio Cycling	45 Mins
10.30	Total Tone	45 mins

SUNDAY

9.30	Studio Cycling	45 Mins
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**SCAN HERE TO
BOOK A CLASS**



**CLASSES CAN BE BOOKED UP TO
4 DAYS IN ADVANCE**

Book through our website or direct through our reception. Please see our health club reception for information on our booking cancellation policy.

CLASS TIMETABLE

ABS BLAST

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

ABS & ARMS

Exercise concentrating on the body's core, including arms, building strength and definition.

ACTIVE TRAINER

A small-group session mixing simple strength and cardio moves. Perfect for beginners looking to build confidence and fitness in the gym.

BARBELL EXTREME

A barbell-based workout that's specifically designed to help you get lean, toned and fit. Both a mixture of upper body and lower body exercises.

BURN

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

CARDIO COMBAT

A full body interval class suitable for people with a moderate to high fitness level, choreographed to music and incorporates exercises such as jabs and front kicks.

DANCE FIT

Get moving to a mix of upbeat Latin and popular music with this fun, energetic dance fitness class. A full-body workout that will get your heart pumping and leave you feeling great.

FLEX & FLOW

A full-body flexibility and mobility class for all levels focused on improving movement, muscle recovery and increasing range of motion. Using dynamic stretches and controlled exercises, this class helps improve posture, recovery and overall mobility.

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.

LEGS, BUMS & TUMS

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

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.

STUDIO CYCLING

Pedal through hill climbs, sprints, and many other challenging drills and exercises which is set and choreographed to exciting music tracks.

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, with intervals of cardio.

YOGA

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.