



Monday	Class	Instructor
06.30-07.15	Group Cycle	Jodie
09.00-09.45	Legs, Bums & Core	Keiron
10.15-11.00	Dance Fit	Keiron
12.00-13.00	Yoga	Holly
12.15-13.00	Virtual Spin	Technogym
17.45-18.30	Pump & Tone	Keiron
18.45-19.30	Barre	Steph
19.45-20.45	Pilates	Steph
19.45-20.30	Virtual Spin	Technogym
Tuesday		
06.30-07.15	HIIT	Keiron
08.15-09.00	Group Cycle	Keiron
09.30-10.30	Yoga	Rose
12.30-13.15	Virtual Spin	Technogym
12.15-13.15	Pilates	Michelle
18.00-19.00	Boxing Circuit	COMING SOON
19.00-19.50	Zumba	Elain'e
20.00-21.00	Yoga	Susie
Wednesday		
06.30-07.15	Legs, bums & core	Becca
07.15-08.15	Kettlebell HIIT	Becca
09.30-10.30	Yoga	Susie
09.15-10.00	Virtual Spin	Technogym
13.30-14.15	HIIT	Dan
17.30-18:15	Stretch and Tone	Keiron
18.20-19.10	Shredded Combat	Lauren
19.15-20.05	Totally Shredded	Lauren
19.00-19.45	Group Cycle	COMING SOON
Thursday		
06.45-07.30	Group Cycle	Jenny
07.40-08.30	Pump & Tone	Jenny
12.00-12.30	VFit Hiit	Elliot
12.30-13.15	Virtual Spin	Technogym
17.00-17.50	Pump & Tone	Monica
18.00-19.00	Yoga	Faye

Friday

06.10 – 06.55	Virtual Spin	Technogym
09.00-09.50	Pilates	Anna
09.55-10.40	Barre	Anna
10.45-11.30	Legs, bums & core	Gymteam
11.45-12.15	HIIT	Elliot
12.30-13.15	Spin	Dan
12.30-1.30	Pilates	Caroline
18.00-18.45	Virtual Spin	Technogym

Saturday

07.15-08.00	Virtual Spin	Technogym
08.15-09.00	Group Cycle	COMING SOON
08.30-09.15	Low Fu Total Body Workout	Karen
09.30-10.15	Group Cycle	Karen
09.30-10.30	Pilates	Anna
10.45-11.45	Barre	Anna

Sunday

08.00-09.00	Yoga	Cat
08.30-09.15	Group Cycle	Jodie
09.30-10.20	Kettlebell Hiit	Jodie
10.30-11.30	Yoga	Faye
16.00-16.45	Virtual Spin	Technogym

*may be subject to changes

**in addition to this virtual spin is also available on demand