



CLASS TIMETABLE

Monday

7:00	Sunrise Yoga	60m
7:00	Spin	45m
8:30	Body Combat	55m
9:00	Aqua (circuits)	55m
9:30	Rigged	45m
9:40	Yoga (intermediate)	60m
10:15	Spin	45m
10:45	Yoga (therapeutic)	60m
12:00	HIIT	30m
12:45	Hot Stretch	45m
14:00	Aqua (step)	45m
17:30	Spin	45m
17:30	Body Pump	45m
18:30	Body Attack	45m
18:30	Spin	45m
18:30	Gig & Gain	45m
19:20	Barre	60m
20:30	Body Balance	55m

Tuesday

6:30	Body Pump	45m
7:00	Pad Blast	45m
7:20	Pilates	55m
9:00	Aqua (circuits)	45m
9:00	Kettle Bell Club	45m
9:15	Spin	45m
9:30	Body Pump	55m
10:15	Spin	45m
10:30	Get Up & Gig	45m
11:00	Pilates (beginner)	60m
12:15	Pilates (intermediate)	60m
13:15	Healthy Life Fit	60m
14:15	Aqua (circuits)	45m
17:30	Spin	45m
17:30	Core Blast	30m
18:15	Body Combat	55m
18:15	Bootcamp	55m
18:30	Gig & Gain	45m
18:30	Spin	45m
19:20	Yoga (therapeutic)	60m
19:30	Spin	45m
20:30	Hot Stretch	45m

Wednesday

7:00	Body Pump	55m
7:00	Hit the Hills (Spin)	45m
8:10	Yoga (flow)	55m
9:00	Aqua (circuits)	45m
9:15	Punch n Crunch	45m
9:15	Strength Club	45m
10:15	Spin	45m
10:15	Hot Stretch	45m
11:15	Body Balance	55m
11:30	Barbell Club	60m
12:30	Barre	60m
14:00	Aqua (step)	45m
18:00	Running Club	60m
18:15	Body Combat	45m
18:15	Spin	45m
19:15	Body Pump	55m
19:30	Pad Blast	45m
20:30	Yoga (flow)	60m

Thursday

6:15	Spin	45m
7:00	Barre	45m
8:00	Hot Stretch	45m
9:30	Body Pump	55m
10:15	Spin & Shred	45m
10:45	Pilates (intermediate)	60m
12:00	Yoga (therapeutic)	60m
13:15	Healthy Life Cycle	45m
14:15	Aqua (circuits)	45m
15:15	LIT	45m
17:30	Spin	45m
17:30	Total Body Workout	30m
18:15	Body Pump	55m
18:15	Get Up & Gig	45m
18:30	Spin and Shred	45m
19:30	Kettle Bell Club	55m
19:30	Zumba	55m
20:30	Body Balance	55m

Friday

6:45	Running Club	45m
7:00	Sunrise Yoga	60m
8:10	Spin and Abs	45m
9:00	Aqua (circuits)	45m
9:00	Body Combat	55m
10:10	Body Attack	55m
10:15	Spin	45m
11:20	Body Pump	45m
12:30	Body Balance	55m
13:40	Pilates (beginner)	60m
14:45	Pilates (intermediate)	60m
15:00	Barbell Club	60m
17:30	Regatta	45m
18:00	Barre	45m
18:30	Spin & Abs	45m
19:30	Hot Stretch	45m

Saturday

8:15	Spin	45m
8:45	Body Pump	55m
9:15	Spin	45m
10:00	Total Body Workout	45m
10:15	Spin	45m
11:00	Yoga (flow)	60m
17:30	Hot Stretch	45m
18:30	Cinematic Spin	45m

Sunday

8:20	Body Balance	55m
9:30	Body Pump	45m
9:30	Spin	45m
10:45	Spin	45m
17:30	Spin	45m
18:30	Rigged	45m

CLASS DESCRIPTIONS

MAIN STUDIO

LES MILLS BODY PUMP

The Original Bar Bell workout! Using a range of weights with lots of reps, Body Pump gives you a total body workout that burns lots of calories.

LES MILLS BODY COMBAT

A high energy Martial Arts inspired workout. You'll learn how to Punch and your way to superior fitness and strength

LES MILLS BODY ATTACK

A high-energy class that combines Athletic movements such as running, jumping and lunging with strength exercises such as push ups and squats

LES MILLS BODY BALANCE

Inspired by Yoga and Pilates. Body Balance uses a range of movements and motion set to music that will improve your Mind, Body and Life.

YOGA

Develop your mobility and strength and progress through different movements to find your inner Zen

PILATES

Focus on posture, strength and flexibility. It is suitable for people of all ages and fitness levels.

CORE BLAST

30 mins to get your abs working!

BARRE

Inspired by Pilates and ballet moves but requires NO previous dance experience! Strengthen, stretch and tone your body.

PUNCH AND CRUNCH

Punch your way to toned arms! Crunch your way to a flat stomach. Guaranteed fun filled session!

HEALTHY LIFE FIT

A low impact class that focuses on a mixture of cardio and resistance training for functionality.

LIT/HIT

Light/High Intensity Interval Training

HOT STRETCH

Developmental static stretching

SPIN STUDIO

SPIN

Full cycle workouts aimed for those looking to burn calories and get a great high-tempo workout

SPIN & ABS

Saddle up, burn some calories and then work those core muscles! A class that's guaranteed to burn those love handles off!

SPIN & SHRED

A great mix between a calorie burning spin class and muscle toning strength work. This class takes place in the spin studio and main gym

EXPRESS SPIN

New to the world of spinning? This 30-minute technique class will put the wheels in motion going through the basic set up to a full spin class

CINEMATIC SPIN

A cycling class to the sound of the movies. Any requests? Let us know

HIT THE HILLS

A quick bike burner to get the heart, lungs and legs pumping. A great pre-weights work-out or work session.

GYM FLOOR

RIGGED

A functional fitness class using our indoor rig. Learn compound lifts and accessories with this specific strength and technique class

BARBELL CLUB

Basic lifts for beginners/ Heavy emphasis on form and those new to lifting can incorporate in their own programme

PAD BLAST

Small group pad training. Learn boxing skills on the pads whilst having a fun and effective workout

STRENGTH CLUB

Strength specific training on gym floor

KETTLE BELL CLUB

A resistance and cardio workout using the kettle bells. Great for functional fitness

GIG STUDIO

GIG & GAIN

A great mix between calorie burning rowing and muscle toning strength work. This exciting class takes place in the gig studio and gym floor

GET UP & GIG

An interval class which mixes intense rowing with full body exercises. Not for the feint hearted but guaranteed to get you going

REGATTA

Encourage or Compete, this class will pair you up to either complete team challenges or compete against each other in a Gig/AMRAP battle

OUTDOOR GYM

BOOTCAMP

Military style fitness that encompasses many training styles. Held outdoors to get the endorphins pumping

RUNNING CLUB

A weekly meet for all levels, from beginners to running enthusiasts. Whatever your goal, running club will get you there with a mix of interval, tempo, hill and resistance training

SWIMMING POOL

AQUA (CIRCUITS)

Loads of different stations to work hard and burn those calories. A great way to stay active while having lots of fun

AQUA (STEP)

An action-packed class that is guaranteed to get those arms and legs moving

YOUR KEY TO FITNESS



Cardio Based - For Burning Fat, Improved Cardiovascular Health and all-round Fitness



Resistance/Tone - Ideal if your goals are focused around creating a leaner physique



Fun loving - These classes are based on enjoyment and making new fitness friends!



Mind, Body and Soul - These classes will help relax, de-stress and unwind