

Friday 18 Jan 2019	Duration	Intensity Level
06:30 -- Metafit	30 mins	☆☆☆☆
09:00 -- Aquafit (aqua fit)	45 mins	☆☆☆☆
09:15 -- Kettlebells (kettlebell conditioning)	60 mins	☆☆☆☆
17:00 -- Spinning	45 mins	
17:45 -- Body Pump XP	45 mins	☆☆☆☆

Saturday 19 Jan 2019	Duration	Intensity Level
10:15 -- Spinning	45 mins	

Sunday 20 Jan 2019	Duration	Intensity Level
10:00 -- Bootcamp	45 mins	☆☆☆☆
10:00 -- Zumba	60 mins	☆☆☆☆

Monday 21 Jan 2019	Duration	Intensity Level
06:30 -- HITT (HIIT SPIN)	30 mins	☆☆☆☆
09:15 -- Aquafit	45 mins	☆☆☆☆
09:15 -- Body Pump	60 mins	☆☆☆☆
11:00 -- Fit4Life	60 mins	
17:10 -- Abs	30 mins	☆☆☆☆
17:45 -- Body Combat	45 mins	☆☆☆☆
17:45 -- Bootcamp	45 mins	☆☆☆☆
18:35 -- HITT (HIIT SPIN)	30 mins	☆☆☆☆
18:35 -- Step/ Beginner Step (STEP CONDITIONING)	45 mins	☆☆☆☆
19:30 -- Body Balance	45 mins	☆☆☆☆

This timetable is current as of 18/01/2019. Activities and schedules subject to change.

Whilst we make every effort for classes to be covered, there may be occasions where we have no option but to offer an alternative class due to instructor availability.

Tuesday 22 Jan 2019	Duration	Intensity Level
09:15 -- Legs, Bums & Tums	60 mins	☆☆☆☆
17:00 -- Pilates	45 mins	☆☆☆☆
17:50 -- Legs, Bums & Tums	45 mins	☆☆☆☆
17:50 -- Spinning	45 mins	☆☆☆☆
18:00 -- Metafit	30 mins	☆☆☆☆
18:40 -- Body Pump	45 mins	☆☆☆☆
18:45 -- Aquafit	45 mins	☆☆☆☆

Wednesday 23 Jan 2019	Duration	Intensity Level
07:00 -- Spinning	45 mins	☆☆☆☆
09:15 -- Body Combat	45 mins	☆☆☆☆
10:10 -- Stretch and Flex (over 50's stretch and tone class)	45 mins NEW	☆☆☆☆
11:00 -- Body Balance	59 mins	☆☆☆☆
17:30 -- Spinning (enduro spin)	60 mins	☆☆☆☆
17:45 -- Zumba	45 mins	☆☆☆☆
18:30 -- Aquafit (aqua hiit)	30 mins	☆☆☆☆
18:40 -- Body Balance	60 mins	☆☆☆☆

Thursday 24 Jan 2019	Duration	Intensity Level
09:15 -- Body Pump	60 mins	☆☆☆☆
10:30 -- Pilates (beginners pilates)	45 mins	☆☆☆☆
13:00 -- Fit4Life	60 mins	☆☆☆☆
18:00 -- Body Combat	45 mins	☆☆☆☆
18:00 -- Metafit	30 mins	☆☆☆☆
18:00 -- Spinning	45 mins	☆☆☆☆
18:50 -- Aquafit	45 mins	☆☆☆☆
19:00 -- Body Balance	45 mins	☆☆☆☆

Intensity

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Whilst we make every effort for classes to be covered, there may be occasions where we have no option but to offer an alternative class due to instructor availability.

Friday 25 Jan 2019	Duration	Level
06:30 -- Metafit	30 mins	⊕ ⊕ ⊕ ⊕
09:00 -- Aquafit (aqua fit)	45 mins	⊕ ⊕ ⊕ ⊕
09:15 -- Kettlebells (kettlebell conditioning)	60 mins	⊕ ⊕ ⊕ ⊕
17:00 -- Spinning	45 mins	
17:45 -- Body Pump XP	45 mins	⊕ ⊕ ⊕ ⊕

Saturday 26 Jan 2019	Duration	Intensity Level
10:15 -- Spinning	45 mins	

Sunday 27 Jan 2019	Duration	Intensity Level
10:00 -- Bootcamp	45 mins	⊕ ⊕ ⊕ ⊕
10:00 -- Zumba	60 mins	⊕ ⊕ ⊕ ⊕

Monday 28 Jan 2019	Duration	Intensity Level
06:30 -- HITT (HIIT SPIN)	30 mins	⊕ ⊕ ⊕ ⊕
09:15 -- Aquafit	45 mins	⊕ ⊕ ⊕ ⊕
09:15 -- Body Pump	60 mins	⊕ ⊕ ⊕ ⊕
11:00 -- Fit4Life	60 mins	
17:10 -- Abs	30 mins	⊕ ⊕ ⊕ ⊕
17:45 -- Body Combat	45 mins	⊕ ⊕ ⊕ ⊕
17:45 -- Bootcamp	45 mins	⊕ ⊕ ⊕ ⊕
18:35 -- HITT (HIIT SPIN)	30 mins	⊕ ⊕ ⊕ ⊕
18:35 -- Step/ Beginner Step (STEP CONDITIONING)	45 mins	⊕ ⊕ ⊕ ⊕
19:30 -- Body Balance	45 mins	⊕ ⊕ ⊕ ⊕

Tuesday 29 Jan 2019	Duration	Intensity Level
09:15 -- Legs, Bums & Tums	60 mins	⊕ ⊕ ⊕ ⊕
17:00 -- Pilates	45 mins	⊕ ⊕ ⊕ ⊕

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17:50 -- Legs, Bums & Tums	45 mins	
17:50 -- Spinning	45 mins	
18:00 -- Metafit	30 mins	★ ★ ★ ★
18:40 -- Body Pump	45 mins	★ ★ ★ ★
18:45 -- Aquafit	45 mins	★ ★ ★ ★

Wednesday 30 Jan 2019	Duration	Intensity Level
07:00 -- Spinning	45 mins	
09:15 -- Body Combat	45 mins	★ ★ ★ ★
10:10 -- Stretch and Flex (over 50's stretch and tone class)	45 mins NEW	★ ★ ★ ★
11:00 -- Body Balance	59 mins	★ ★ ★ ★
17:30 -- Spinning (enduro spin)	60 mins	
17:45 -- Zumba	45 mins	★ ★ ★ ★
18:30 -- Aquafit (aqua hiit)	30 mins	★ ★ ★ ★
18:40 -- Body Balance	60 mins	★ ★ ★ ★

Thursday 31 Jan 2019	Duration	Intensity Level
09:15 -- Body Pump	60 mins	★ ★ ★ ★
10:30 -- Pilates (beginners pilates)	45 mins	★ ★ ★ ★
13:00 -- Fit4Life	60 mins	
18:00 -- Body Combat	45 mins	★ ★ ★ ★
18:00 -- Metafit	30 mins	★ ★ ★ ★
18:00 -- Spinning	45 mins	
18:50 -- Aquafit	45 mins	★ ★ ★ ★
19:00 -- Body Balance	45 mins	★ ★ ★ ★

Friday 01 Feb 2019	Duration	Intensity Level
06:30 -- Metafit	30 mins	★ ★ ★ ★
09:00 -- Aquafit (aqua fit)	45 mins	★ ★ ★ ★
09:15 -- Kettlebells (kettlebell conditioning)	60 mins	★ ★ ★ ★

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17:00 -- Spinning	45 mins	
17:45 -- Body Pump XP	45 mins	⊕ ⊕ ⊕ ⊕

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