

Monday 21 Jan 2019	Duration	Intensity Level
07:15 -- Circuits	45 mins	☆☆☆☆
09:30 -- Aerobics (Beginner Class)	45 mins	☆☆☆☆
10:30 -- Body Conditioning	60 mins	☆☆☆☆
11:45 -- Pilates	45 mins	☆☆☆☆
18:00 -- Strength and Conditioning	60 mins	☆☆☆☆
18:15 -- Studio Cycle	45 mins	☆☆☆☆
19:00 -- Kickboxing	60 mins	☆☆☆☆
19:15 -- Yoga	90 mins	☆☆☆☆

Tuesday 22 Jan 2019	Duration	Intensity Level
09:15 -- Pilates	45 mins	☆☆☆☆
10:15 -- Step/ Beginner Step	45 mins	☆☆☆☆
11:00 -- Yoga	90 mins	☆☆☆☆
17:30 -- Pump FX	60 mins	☆☆☆☆
18:00 -- Circuits	60 mins	☆☆☆☆
18:30 -- Pilates	45 mins	☆☆☆☆

Wednesday 23 Jan 2019	Duration	Intensity Level
07:15 -- Strength & Mobility	45 mins	☆☆☆☆
09:15 -- Suspension Training	45 mins	☆☆☆☆
10:15 -- Pilates (Beginner)	45 mins	☆☆☆☆
11:15 -- Dance Fit	45 mins	☆☆☆☆
12:15 -- Studio Cycle	45 mins	☆☆☆☆
17:30 -- Body Conditioning	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.

18:30 -- Step/ Beginner Step	45 mins	
19:30 -- Studio Cycle	45 mins	★ ★ ★ ★

Thursday 24 Jan 2019	Duration	Intensity Level
07:15 -- Kettlebells	45 mins	★ ★ ★ ★
09:30 -- Studio Cycle	45 mins	★ ★ ★ ★
10:45 -- Aquafit	45 mins	★ ★ ★ ★
11:45 -- Yoga	60 mins	★ ★ ★ ★
18:00 -- Circuits	60 mins	★ ★ ★ ★
18:30 -- Pilates	45 mins	★ ★ ★ ★
19:30 -- Aquafit	45 mins	★ ★ ★ ★

Friday 25 Jan 2019	Duration	Intensity Level
07:15 -- Studio Cycle	45 mins	★ ★ ★ ★
09:30 -- Kettlebells	45 mins	★ ★ ★ ★
13:15 -- Pilates	45 mins	★ ★ ★ ★
18:00 -- Strength and Conditioning	60 mins	★ ★ ★ ★
19:00 -- Kickboxing	60 mins	★ ★ ★ ★

Saturday 26 Jan 2019	Duration	Intensity Level
09:15 -- Studio Cycle	45 mins	★ ★ ★ ★

Sunday 27 Jan 2019	Duration	Intensity Level
09:15 -- 50/50 Kettlebells/ Studio Cycling	45 mins	★ ★ ★ ★
10:15 -- Strength & Mobility	45 mins	★ ★ ★ ★

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