

Mon	Tues	Wed	Thur	Fri	Sat	Sun
BODYPUMP (V) 7.15 - 8.00	BODYATTACK (V) 7.15 - 8.00	BODYPUMP (V) 7.15 - 8.00	BODYCOMBAT (V) 7.15 - 8.00			
	BODYBALANCE (V) 10.00-11.00	BODYBALANCE (V) 10.00-11.00		BODYBALANCE (V) 10.00-11.00	SPINNING RPM (V) 10.30 - 11.15	SPINNING RPM (V) 10.30 - 11.15
					BODYPUMP (V) 11.20 - 11.55	BODYPUMP (V) 11.20 - 11.55
BODYPUMP (V) 12.10 - 12.50	YOGA 12.00 - 1.00	PILATES 12.10 - 12.55	BODYPUMP (V) 12.10 - 12.50	SPINNING RPM (V) 12.10 - 12.55		
BODYBALANCE (V) 1.05 - 1.50	BODYPUMP (V) 1.05 - 1.50	BODYCOMBAT (V) 1.05 - 1.50	BODYBALANCE (V) 1.05 - 1.50	BODYPUMP (V) 1.05 - 1.50		
BOXERCISE 5.45 - 6.30	ZUMBA 5.30 - 6.15	SPINNING 5.45 - 6.30	ZUMBA 5.45 - 6.30	BODYPUMP (V) 5.30 - 6.30		
PILATES 6.40 - 7.40	KETTLEBELLS 6.20 - 6.55	WOMEN ON WEIGHTS 6.40 - 7.40	YOGA 6.40 - 7.40			
	CIRCUITS 7.10 - 7.55	BODYBALANCE (V) 7.45 - 8.45				

NON MEMBERS £7.99 PER CLASS (PLEASE BOOK AT RECEPTION)

Class with Live Instructor	Spinning with Live Instructor	(V) Virtual Class
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