

CLASS TIMETABLE



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9.30am – 10.15am SPIN Instructor: Jason	6.30am – 7.15am SPIN Instructor: Paul	9.30am – 10.15am YOGA PILATES MIX instructor: Kathryn	6.30am – 7.15am SPIN Instructor: Jason	9.30am – 10.15am ZUMBA TONE instructor: Orhan	9am – 9.45am BEGINNER PILATES instructor: Sheryl
10.30am - 11.15am AEROB-A-TONE Instructor: Carol	9.30am – 10.15am SPIN Instructor: Jason	10.30am - 11.15am ZUMBA TONE instructor: Orhan	9.30am – 10.15am SPIN Instructor: Jason	10.30am - 11.15am STRETCH & TONE instructor: Carol	10am – 10.30 am METABOLIC EFFECT instructor: Sheryl
11.30am – 12.15am YOGA Instructor: Carol	10.30am - 11.15am YOGA Instructor: Ann	11.30am – 12.15am SPIN Instructor: Camilla	10.30am - 11.15am FIT FOR ALL Instructor: Lesley	11.30am – 12.15am YOGALATES instructor: Adele	11.30am - 12.15pm SPIN instructor: Steve
12.30pm – 1.15pm HIITSTEP & ABS Instructor: Camilla	12.30pm – 1.15pm METAFIT & ABS Instructor: Adele	12.30pm – 1.15pm HIITSTEP & ABS Instructor: Camilla	11.30pm – 12.15pm FITNESS YOGA Instructor: Jason	12.30pm – 1pm METAFIT instructor: Adele	
5.30pm – 6.15pm METAFIT & ABS Instructor: Adele	5.30pm – 6.15pm YOGA Instructor: Kathryn	5.30pm – 6.15pm KETTLERCISE Instructor: Sheryl	5.30pm – 6.15pm HIITSTEP & ABS Instructor: Camilla		
6.30pm – 7.15pm LBT Instructor: Adele	6.30pm – 7.15pm SPIN Instructor: Camilla	6.30pm – 7pm METABOLIC EFFECT instructor: Sheryl	6.30pm – 7.15pm SPIN Instructor: Paul		
7.30pm – 8.15pm VINYASA YOGA Instructor: Noelle	7.30pm – 8.15pm LADIES BOOTCAMP Instructor: Camilla	7.30pm – 8.15pm PILATES instructor: Noelle	7.30pm – 8.15pm YOGA Instructor: Sue		

GOLD & BRONZE MEMBERS: ALL CLASSES FREE OF CHARGE

SILVER MEMBERS: MON – FRI 9AM – 5PM CLASSES INCLUDED & ALL WEEKEND CLASSES, EVENING CLASSES AVAILABLE FOR ½ PRICE

NON MEMBERS: £7 PER CLASS - NON MEMBERS CURRENTLY SUSPENDED DURING COVID