

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.15 (40mins) Circuit Training Studio 1	6.15 (25mins) HIIT & Lift Studio 1	7.15 (40mins) Spin Spin Studio	6.15 (25mins) HIIT & Lift Studio 1	6.15 (25mins) HIIT & Lift Studio 1	8.30 (25mins) Spin Spin Studio	09.30 (25mins) HIIT & Lift Studio 1
7.00 (40mins) Circuit Training Studio 1	6.45 (25mins) HIIT & Lift Studio 1	8.00 (55mins) Bodybalance™ Studio 2	6.45 (40mins) Bodycombat™ Studio 1	6.45 (25mins) HIIT & Lift Studio 1	9.00 (40mins) Bodycombat™ Studio 1	10.00 (40mins) Spin Spin Studio
9.15 (40mins) Bodycombat™ Studio 1	7.15 (40mins) Bodypump™ Studio 1	9.15 (55mins) Bodypump™ Studio 1	8.45 (25mins) Spin Spin Studio	7.15 (40mins) Spin Spin Studio	09.45 (40mins) Bodypump™ Studio 1	10.45 (25mins) Core & More Studio 1
9.30 (25mins) Dance Fit Studio 2	8.00 (25mins) Spin Spin Studio	9.15 (25mins) Flex Fit Studio 2	9.15 (40mins) Bodypump™ Studio 1	8.00 (55mins) Bodybalance™ Studio 2		11.15 (40mins) Bodypump™ Studio 1
10.00 (40mins) Bodypump™ Studio 1	8.30 (25mins) Core & More Studio 1	10.15 (25mins) Basic Step Studio 1	10.00 (40mins) Yogalates Studio 1	9.15 (40mins) Bodypump™ Studio 1		12.00 (55mins) Bodybalance™ Studio 1
10.00 (25mins) Flow Fit Studio 2	9.15 (40mins) Bodycombat™ Studio 1	10.30 (25mins) Spin Spin Studio	17.15 (40mins) Bodycombat™ Studio 1	10.00 (40mins) Zumba® Studio 1		
10.30 (25mins) Core & More Studio 2	9.15 (55mins) Bodybalance™ Studio 2	10.45 (25mins) Lightweight Studio 1	18.00 (40mins) Bodypump™ Studio 1	10.45 (55mins) Yoga Studio 1		
10.45 (55mins) Bodybalance™ Studio 1	10.00 (15mins) Lightweight Studio 1	11.00 (55mins) Yogalates Studio 2	18.45 (40mins) Yoga Studio 1	17.00 (40mins) Bodypump™ Studio 1		
11.00 (25mins) Flex Fit Studio 2	10.15 (25mins) Core & More Studio 1	16.45 (25mins) Spin Spin Studio		17.45 (25mins) Spin Spin Studio		
11.45 (25mins) Lightweight Studio 1	10.45 (40mins) Spin Spin Studio	17.15 (40mins) Bodycombat™ Studio 1				
16.45 (40mins) Bodypump™ Studio 1	10.45 (55mins) Yoga Studio 2	18.00 (25mins) Basic Step Studio 1				
17.30 (25mins) Step Studio 1	17.00 (25mins) Spin Spin Studio	18.30 (25mins) Core & More Studio 1				
18.00 (25mins) Spin Spin Studio	17.30 (40mins) Bodypump™ Studio 1	19.00 (40mins) Zumba® Studio 1				
18.30 (40mins) Bodycombat™ Studio 1	18.15 (40mins) Bodycombat™ Studio 1					
19.15 (40mins) Bodypump™ Studio 1	18.15 (40mins) Yoga Studio 2					
	19.00 (25mins) Lightweight Studio 1					
	19.30 (25mins) Core & More Studio 1					

CLASS TIMETABLE

CLASS	CLASS DESCRIPTION	BENEFITS OF THE CLASS	LEVEL
Bodybalance*	Combines Tai-Chi, Pilates and Yoga exercises in one class.	Lengthens, strengthens and tones muscles. Leaves you feeling centred and calm.	All
Bodycombat*	Energetic, calorie burning class with moves and stances taken from self-defence sports such as Karate, Boxing and Tae Kwondo.	Burns calories, improves cardiovascular system and tones muscles. Gives members a natural high.	Intermediate/ Advanced
Bodypump*	A fantastic muscle toning class, using steps and barbell weights .	Can dramatically change your body shape by toning and defining muscles. Helps prevent Osteoporosis.	All (options given for beginners)
Hearts Pump	A non-choreographed weight training class using barbells, kettlebells and dumbbells.	Can dramatically change your body shape by toning and defining muscles. Helps prevent Osteoporosis.	All (options given for beginners)
HIIT & Lift	Get Body Shaping Results In No Time At All. You'll be amazed by what you can achieve in just 25 minutes. High Intensity Interval Training (HIIT) includes short bursts of low to high-intensity exercises followed by short rest periods. You'll burn a huge amount of calories whilst significantly improving your speed, stamina and cardiovascular fitness. It's a great class when you're short of time but still want to feel the benefits of a full and varied exercise workout.	HIIT & Lift gets you fit fast – In short, powerful sessions you'll burn calories, tone muscles, boost stamina, and strengthen your heart and lungs. It's more efficient than many endurance classes, helping you achieve results in less time while keeping you lean, strong, and energised. The benefits last long after class – HIIT revs your metabolism so you keep burning calories for up to 24 hours, supporting weight loss and maintenance. It also sharpens focus, improves concentration, and enhances overall mind–body fitness.	All
Core & More	An effective way to get the shape you always wanted. Almost every woman wants a slim, toned and flexible body, and most of the "problem zones" are found from the waist down.	Core & More is specifically designed to target the lower half of your body. A series of exercises designed to tone the key muscle groups around the bottom, stomach and legs, this class will also improve your stamina, your flexibility and your performance in daily life.	All
Dance Fit	Age is no barrier to good health and fitness, and it's never too late to start. This low-impact aerobic class is specially designed to allow our older members to get fit and socialise.	The gentle exercises will improve your circulation and flexibility, mobilising your joints and strengthening your bones, helping you to retain your independence in later life. A great way to meet other people of your own age, with nostalgic music that's sure to bring a smile to your face.	All
Spin	A calorie burning class performed on Matrix spin bikes.	Burns Calories without impacting on joints and improves fitness levels.	All (options given for beginners)
Step	A choreographed cardiovascular class using an elevated platform to step up and down	Burns body fat whilst toning muscles. Improves circulation and reduces blood pressure	All (options given for beginners)
Flex Fit	A low impact class combining stretching exercises with light toning exercises.	Improves flexibility and muscle tone.	All
Flow Fit	A low impact class combining slow movements incorporating a Tai Chi style flow.	Improves balance and stability. Increases flexibility. Builds strength and enhances co-ordination	All
Lightweight	For a lifetime of good health and fitness, it's important that women commit to weight training.	Resistance training boosts mobility, flexibility, and calorie burn while helping prevent conditions like heart disease and osteoporosis. Women & Weights uses a mix of dumbbells and light weights to strengthen and tone without bulk, making it an ideal complement to cardio workouts and the perfect way to enjoy the full benefits of weight training.	All
Yoga	A variety of standing and seated asanas (postures) and pranayama (breath work)	Strength, flexibility and stress management	All
Yogalates	Combines core strength of pilates and the flexibility of yoga in one session.	Improves flexibility and muscle tone.	All
Zumba®	An exhilarating high energy dance class.	Great mood lifting cardiovascular class which burns calories and tones muscles.	All
*Les Mills Classes	These classes are choreographed to music and are taught all over the world. New classes are launched every 3 months after Instructors have attend training to keep updated with new moves and music.	Members will experience a feeling of accomplishment and enjoyment from the classes. See specific benefits for each class.	See Specific Class Descriptions