



Gym Class Schedule

Winter Timetable

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00AM	START STRONG	STRENGTH X	BOOTCAMP	BODYBLAST	CIRCUITS		
09:20AM	RETRO EXERCISE	KETTLEBELLS	RETRO EXERCISE	SPIN	CIRCUITS		
09:30 AM							
10:00AM	SPIN	SPIN	UPPER BODY BLAST	BOOTCAMP		STRENGTH & CONDITIONING	COACHES CHOICE
10:30AM	PILATES		PILATES		SPIN		
11:00AM						SPIN	MOBILITY
01:15PM	BODYBLAST		SPIN		BODYBLAST		
6:00 PM	SPIN	FITBALL WITH CATHY	SPIN	FITBALL WITH CATHY	BOOTCAMP		
06:35PM	BOOTCAMP	STRENGTH & CONDITIONING	STRENGTH	BOOTCAMP			
07:15PM	SMALL GROUP	HYROX	SMALL GROUP	HYROX			

OPENING HOURS

6AM OPEN ONLY FOR CLASSES

MON-THURS 7AM-10PM

FRI 7AM-9PM

SAT & SUN 8AM-5PM

BANK HOLIDAYS

10AM-4PM

Note there are no classes on bank holidays
Timetable is subject to change

● INDICATES 30 MIN CLASS ● ADDITIONAL SERVICE
● INDICATES 40-45 MIN CLASS