


October 28th - November 3rd

Time	Monday (Bank Holiday)	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Gym Hours	
6:00am		StrengthX (40mins)	Bootcamp (40 mins)	Mobility & Abs (40mins)	Circuits (40 mins)			Monday Bank Holiday	9am - 4pm
9:30am		Kettlebell Flow (30mins)	Exercise to Retro Music 9.20am (30mins)	Spin (30mins)	Circuits (50mins)			Tuesday-Thursday	7am - 10pm
10am	Spin (30mins)	Spin (30mins)	Upper Body Blast (30mins)	Bootcamp (40 mins)		StrengthCon (45mins)	Coaches Choice (45mins)	Friday	7am - 9pm
10:30am	Pilates and Core (40 mins)		Pilates and Core (40 mins)		Spin (30mins)			Saturday	9am - 6pm
10:50am						Spin 10.50am (40mins)	Spin 10.50am (40mins)	Sunday	9am - 5pm
1:15pm	Coaches Choice (45mins)		Spin (30mins)		Bodyblast (30mins)			<p>SCAN FOR TIMETABLE, PERSONAL TRAINING &amp; SOCIAL MEDIA UPDATES</p> 	
6:00 pm				BLT Bums Legs & Tums (30mins)					
6:30pm		Fitball (30mins)	Spin (30mins)	Fitball (30mins)					
7:00pm		Spin (40mins)	Strength with Roma (45mins)	Bootcamp (40 mins)					
7:45pm				Spin (30min)					
<p>Please ensure to sign in with reception when using the gym. Booking is essential for all classes, in some cases we have a finite amount of equipment don't step into the class if it is full and you don't have a place without talking to the instructor they more than likely will have something else you can do for the session</p>									