

GROUP EXERCISE TIMETABLE: 2 JANUARY - 28 MARCH 2024

MONDAY

06.45-07.30	Indoor Cycling	Nikki	1
08.00-08.55	Yoga	Gabriel	2
08.15-08.55	Aqua	Mark	3
08.15-09.00	Indoor Cycling	Katie	1
08.55-09.35	Aqua	Mark	3
09.00-09.55	BODYBALANCE	Gabriel	2
09.15-10.00	Indoor Cycling	Katie	1
09.35-10.15	Aqua	Mark	3
10.00-10.45	Zumba	Gabriel	2
10.10-11.10	BODYPUMP	Katie	1
11.00-11.45	Inv Aerobics	Nikki	2
11.15-12.10	Legs, Tums & Bums	Marla	1
12.00-12.45	Inv Yoga Somatics	Dorothy	2
12.15-13.15	Dance Fitness	Kelly	1
13.00-13.55	Yoga Somatics	Dorothy	2
18.00-18.55	S&C	Marla	5
18.00-18.55	Bellicon	Eileen	1
18.00-18.55	Pilates	Gabriel	2
19.00-19.55	Pilates	Gabriel	2
19.15-20.00	Indoor Cycling	Paul	1

TUESDAY

06.35-07.20	Spinning Tabata	Mark	1
07.30-08.15	Boxing Fitness	Mark	1
07.30-08.25	Pilates	Gabriel	2
08.30-09.25	Pilates	Gabriel	2
08.45-09.40	BODYPUMP	Hannah	1
09.30-10.25	Yoga Somatics	Gabriel	2
09.50-10.45	BODYBALANCE	Hannah	1
10.30-11.25	Pilates	Claire	2
11.00-11.55	Bellicon	Vicky	1
11.30-12.25	Pilates	Claire	2
12.00-12.55	Zumba	Vicky	1
18.00-18.45	Indoor Cycling	Nikki	1
18.00-18.55	Yoga	Sonia	2
19.00-19.55	Legs, Tums & Bums	Nikki	1
19.00-19.55	Dance Fitness	Kelly	2

WEDNESDAY

07.15-08.00	Spinning Tabata	Mark	1
07.30-08.25	Yoga	Gabriel	2
08.15-08.55	Aqua	Mark	3
08.15-09.00	Indoor Cycling	Eileen	1
08.15-09.10	Pilates	Helen	6
08.30-09.25	Zumba	Gabriel	2
08.55-09.35	Aqua	Mark	3
09.10-09.55	METCON	Eileen	1
09.30-10.15	Pilates	Claire	6
09.30-10.25	Yoga Somatics	Gabriel	2
09.35-10.15	Aqua	Sam	3
10.00-11.00	BODYPUMP	Eileen	1
10.30-11.25	Pilates	Claire	2
11.15-12.00	Bellicon	Vicky	1
11.30-12.15	Inv Pilates	Claire	2
12.30-13.25	Yoga	Hannah	2
18.00-18.45	Indoor Cycling	Eileen	1
19.00-20.00	BODYPUMP	Eileen	1
20.00-21.00	BODYBALANCE	Jo	2

THURSDAY

07.30-08.15	Boxing Fitness	Eileen	1
08.30-09.25	Dance Fitness	Kelly	2
08.30-09.25	Pilates	Gabriel	6
09.30-10.25	Pilates	Gabriel	6
09.30-10.25	Zumba	Vicky	2
09.30-10.30	Aerobics	Nikki	1
10.00-10.55	S&C	Eileen	5
10.30-11.15	Barre	Hannah	1
10.30-11.25	Pilates	Helen	2
11.15-12.10	BODYBALANCE	Eileen	1
11.30-12.25	Pilates	Helen	2
12.30-13.25	Pilates	Helen	2
18.00-18.55	Bellicon	Eileen	1
18.00-18.55	Pilates	Gaby	2
19.00-19.55	BODYBALANCE	Eileen	2

FRIDAY

07.00-07.45	Indoor Cycling	Nikki	1
08.15-09.00	Indoor Cycling	Paul	1
08.15-08.55	Aqua	Sam	3
08.30-09.25	Zumba	Gabriel	2
08.55-09.35	Aqua	Sam	3
09.15-10.00	Indoor Cycling	Paul	1
09.30-10.25	BODYBALANCE	Gabriel	2
09.35-10.15	Aqua	Sam	3
10.15-11.15	METCON	Eileen	1
10.30-11.15	Inv Aerobics	Kelly	2
11.20-12.20	Dance Fitness	Kelly	2
12.30-13.25	Pilates	Jess	2
18.00-18.55	S&C	Marla	5
18.00-18.45	Indoor Cycling	Paul	1

SATURDAY

08.15-09.15	Pilates	Katie	2
08.45-09.30	Legs, Tums & Bums	Marla	1
09.15-10.15	Pilates	Katie	2
09.30-10.15	Legs, Tums & Bums	Marla	1
10.30-11.25	Indoor Cycling	Katie	1
10.30-11.25	Boxing Fitness	Eileen	2

SUNDAY

09.15-10.15	Indoor Cycling	Eileen	1
09.30-10.25	Yoga	Sonia	2
10.30-11.25	Yoga	Sonia	2
10.30-11.30	BODYPUMP	Eileen	1
15.15-16.00	Pilates	Heather	2
16.15-17.00	Pilates	Heather	2
17.15-18.00	Pilates	Heather	5

- Key
- 1 Studio 1
 - 4 Gym
 - 2 Studio 2
 - 5 Olympic Gym
 - 3 Swimming Pool
 - 6 Robin Dyer Centre
- Holistic
 - Indoor Cycling
 - Aerobics & Dance
 - Weights Workout
 - Les Mills™
 - Aqua
- S&C** - Strength and Conditioning
Inv. - Invincibles

Timetable subject to change. Classes require a minimum of two people to run.
 A late cancellation fee of £5 may be charged if classes are busy.
 Non-members are subject to a non-member fee (£8.00). This does not include access to the gym.

