

AUGUST BANK HOLIDAY 2024

GROUP EXERCISE TIMETABLE

Monday August 26 (Club opening hours 8am-4pm)

Studio 1

08.15-09.00	Indoor Cycling	Katie
09.15-10.00	Indoor Cycling	Katie
10.10-11.10	BODYPUMP	Katie
12.15-13.15	Dance Fitness	Kelly

Studio 2

09.00-09.55	BODYBALANCE	Eileen
10.00-10.45	Zumba	Rebecca
11.00-11.45	Inv Aerobics	Kelly
12.00-12.45	Inv Yoga	Naz
13.00-13.55	Yoga	Naz

QUBE

08.45-09.15	TRX
09.30-10.15	Barbells & Racks

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.

