

MONDAY

6:15 – 7:00	HIIT	STUDIO
9:30 – 10:15	TOTAL BODYWORKOUT	STUDIO
10:30 – 11:15	BODYPUMP	STUDIO
18:15 – 19:00	BODYCOMBAT	STUDIO
18:30 – 19:15	SPIN	SPIN STUDIO
19:30 – 20:15	BODYPUMP	STUDIO

TUESDAY

9:30 - 10:15	LBT	STUDIO
10:30 – 11:15	TOTAL BODYWORKOUT	STUDIO
17:30 – 18:00	HIIT	STUDIO
18:15 – 19:00	ZUMBA	STUDIO
18:30 – 19:15	SPIN	SPIN STUDIO

WEDNESDAY

9:30 – 10:15	TOTAL BODYWORKOUT	STUDIO
10:30 – 11:15	BODYPUMP	STUDIO
17:30 – 18:15	SPIN	SPIN STUDIO
18:00 – 18:45	BODYATTACK	STUDIO
19:00 – 19:45	BODYPUMP	STUDIO

THURSDAY

6:15 – 7:00	HIIT	STUDIO
9:30 – 10:15	LBT	STUDIO
10:30 – 11:15	BODYCOMBAT	STUDIO
18:15 – 19:00	ZUMBA	STUDIO
18:30 – 19:45	SPIN	SPIN STUDIO
19:15 – 20:00	YOGA	STUDIO

FRIDAY

9:30 – 10:15	BODYPUMP	STUDIO
10:30 – 11:15	SPIN	SPIN STUDIO
17:30 – 18:15	BODYCOMBAT	STUDIO
18:30 – 19:00	HIIT	STUDIO

SATURDAY

9:15 – 10:00	BODYATTACK	STUDIO
10:15 – 11:00	BODYPUMP	STUDIO
11:15 – 12:00	ZUMBA	STUDIO

SUNDAY

9:15 – 10:00	BODYCOMBAT	STUDIO
12:00 – 12:45	YOGA	STUDIO

INFORMATION ON CHANGES TO OUR CLASSES:

This is our re-opening timetable, designed to get our classes moving again post lockdown, whilst maintaining social distancing. We will gradually phase other classes back in over coming weeks.

Due to social distancing, class numbers will of course be smaller than usual, but because our studios are so large, we can still cater for lots of people.

CLASS BOOKING TEMPORARILY POSTPONED: Due to changing our App to enable contactless entry, all classes will be on a first come first served basis for now.

Please turn up in good time and take your place in the studio, as per the markings. If all places are full, please join a later class.

Please follow the social distancing and hygiene guidelines when partaking in classes.