

MONDAY

06:30 – 07:15	CIRCUITS	STUDIO
09:30 – 10:15	BODYATTACK	STUDIO
10:30 – 11:15	LBT	STUDIO
18:00 – 18:45	ZUMBA	STUDIO
18:15 – 19:00	SPIN	SPIN STUDIO
19:00 – 19:45	BODYATTACK	STUDIO
19:30 – 20:15	SPIN	SPIN STUDIO

TUESDAY

09:30 – 10:15	SPIN	SPIN STUDIO
09:45 – 10:15	ABS BLAST	STUDIO
10:30 – 11:15	YOGA	STUDIO
18:00 – 18:45	BODYCOMBAT	STUDIO
18:15 – 19:00	SPIN	SPIN STUDIO
19:00 – 19:45	BODYPUMP	STUDIO
19:15 – 20:00	SPIN FIIT	SPIN STUDIO

WEDNESDAY

06:15 – 06:45	SPIN	SPIN STUDIO
07:00 – 07:15	ABS BLAST	STUDIO
09:30 – 10:15	BODYCOMBAT	STUDIO
10:30 – 11:15	BODYPUMP	STUDIO
18:00 – 18:45	ZUMBA	STUDIO
18:15 – 19:00	SPIN	SPIN STUDIO
19:15 – 20:00	HIIT	STUDIO

THURSDAY

09:30 – 10:15	ZUMBA	STUDIO
10:30 – 11:15	HIIT	STUDIO
18:00 – 18:45	BODYPUMP	STUDIO
18:15 – 19:00	SPIN	SPIN STUDIO
19:00 – 19:45	BODYCOMBAT	STUDIO

FRIDAY

09:45 – 10:15	CORE	STUDIO
10:30 – 11:15	YOGA	STUDIO
18:00 – 18:45	BODYATTACK	STUDIO

SATURDAY

09:00 – 09:45	BODYPUMP	STUDIO
10:00 – 10:45	BODYCOMBAT	STUDIO

SUNDAY

9:00 – 09:45	BODYATTACK	STUDIO
10:00 – 10:45	SPIN	SPIN STUDIO
11:00 – 11:45	HIIT	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.