

MONDAY

09:30 – 10:15	SPIN	SPIN STUDIO
09:30 – 10:15	PILATES	STUDIO
10:45 – 11:30	LBT	STUDIO
17:00 – 17:30	METAFIT	STUDIO
18:00 – 18:45	SPIN	SPIN STUDIO
18:00 – 18:45	BODYPUMP	STUDIO
19:00 – 19:30	SPIN	SPIN STUDIO
19:00 – 19:45	BODYCOMBAT	STUDIO

TUESDAY

09:30 – 10:15	DANCE FIT	STUDIO
09:30 – 10:15	SPIN	SPIN STUDIO
10:45 – 11:30	BODYCOMBAT	STUDIO
17:00 – 17:30	ABS	STUDIO
18:00 – 18:45	SPIN	SPIN STUDIO
17:45 – 18:30	LBT	STUDIO
19:00 – 19:30	SPIN	SPIN STUDIO
18:45 – 19:30	HIITSTEP	STUDIO
19:45 – 20:30	YOGA	STUDIO

WEDNESDAY

09:30 – 10:15	SPIN	SPIN STUDIO
09:30 – 10:15	BODYCOMBAT	STUDIO
10:45 – 11:30	BODYPUMP	STUDIO
17:00 – 17:30	METAFIT	STUDIO
18:00 – 18:45	SPIN	SPIN STUDIO
18:00 – 18:45	BODYPUMP	STUDIO
19:00 – 19:45	BODYATTACK	STUDIO
19:00 – 19:45	SPIN	SPIN STUDIO

THURSDAY

09:30 – 10:15	PILATES	STUDIO
10:45 – 11:30	SPIN	STUDIO
17:00 – 17:30	ABS	STUDIO
18:00 – 18:45	SPIN	SPIN STUDIO
17:45 – 18:30	DANCE FIT	STUDIO
18:45 – 19:30	HIITSTEP	STUDIO
19:00 – 19:30	SPIN	SPIN STUDIO

FRIDAY

09:30 – 10:15	SPIN	SPIN STUDIO
09:30 – 10:15	HIIT STEP	STUDIO
10:45 – 11:30	BODYPUMP	STUDIO
18:00 – 18:45	SPIN	SPIN STUDIO
18:00 – 18:45	BODYPUMP	STUDIO

SATURDAY

08:30 – 09:15	BODYPUMP	STUDIO
09:30 – 10:15	SPIN	SPIN STUDIO
10:00 – 10:45	BODYCOMBAT	STUDIO

SUNDAY

08:30 – 09:15	YOGA	STUDIO
11:00 – 11:45	SPIN	SPIN STUDIO
11:00 – 11:45	STEP	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.