

MONDAY

10:00 – 10:45	BODY COMBAT	STUDIO
11:00 – 11:45	BODY PUMP	STUDIO
17:15 – 17:45	BODY BLAST	STUDIO
18:00 – 18:45	CLUBBERCISE	STUDIO
18:00 – 18:45	SPIN	SPIN STUDIO
19:00 – 19:45	HIIT STEP	STUDIO
19:00 – 19:45	SPIN	SPIN STUDIO

TUESDAY

10:00 – 10:45	DANCE FIT	STUDIO
11:00 – 11:45	SPIN	SPIN STUDIO
17:15 – 17:45	BODY BLAST	STUDIO
18:00 – 18:45	BODY ATTACK	STUDIO
18:00 – 18:45	SPIN	SPIN STUDIO
19:00 – 19:45	SPIN	SPIN STUDIO
19:00 – 19:45	BODY PUMP	STUDIO
20:00 – 21:00	YOGA	STUDIO

WEDNESDAY

10:00 – 10:45	BODY BALANCE	STUDIO
11:00 – 11:45	BODY PUMP	STUDIO
17:15 – 17:45	BODY BLAST	STUDIO
18:00 – 18:45	BODY COMBAT	STUDIO
18:00 – 18:45	SPIN	SPIN STUDIO
19:00 – 19:45	SPIN	SPIN STUDIO
19:00 – 19:45	BODY PUMP	STUDIO

THURSDAY

10:00 – 10:45	CORE FIT	STUDIO
11:00 – 11:45	ZUMBA	STUDIO
17:15 – 17:45	BODY BLAST	STUDIO
18:00 – 18:45	SPIN	SPIN STUDIO
19:00 – 19:45	BODY PUMP	STUDIO
20:00 – 21:00	PILATES	STUDIO

FRIDAY

10:00 – 10:45	BODY COMBAT	STUDIO
11:00 – 11:45	BODY PUMP	STUDIO
17:15 – 17:45	SPIN	SPIN STUDIO
18:00 – 18:45	BODY COMBAT	STUDIO
19:00 – 19:45	BODY PUMP	STUDIO

SATURDAY

09:30 – 10:15	BODY COMBAT	STUDIO
10:30 – 11:15	BODY PUMP	STUDIO

SUNDAY

09:30 – 10:15	CLUBBERCISE	STUDIO
10:20 – 10:50	METAFIT	STUDIO

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.

INFORMATION ON CHANGES TO OUR CLASSES: