

Group Exercise Timetable 2025

7th July - 31st August

MONDAY		
07:00 - 07:45	Circuits	SH 1
10:45 - 11:45	Yoga	Func
12:00 - 13:00	Yoga	Func
18:00 - 18:30	Pad Blast	GYM
18:30 - 19:15	Indoor Cycling	Spin
18:45 - 19:30	Zumba	Func
19:30 - 20:15	Body Balance	Func
THURSDAY		
07:00 - 07:45	Mobility and Strength	SH 1
11:00 - 11:45	Pilates	Func
12:15 - 13:00	Aqua	Pool
18:45 - 19:30	Zumba	Func
18:45 - 19:30	Circuits	SH 1
19:00 - 19:45	Body Combat	DAN
19:45 - 20:45	Body Pump	Spin
TUESDAY		
07:15 - 08:00	Pump	SH 1
10:30 - 11:15	Indoor Cycling	Spin
13:00 - 14:00	Pilates	Func
14:15 - 14:45	Ageing with Agility	GYM
18:45 - 19:45	Fitsteps	Func
19:00 - 20:00	Circuits	SH2
19:00 - 20:00	Body Pump	SH1
19:45-20:45	Pilates	Func
FRIDAY		
07:00-07:45	Circuits	SH 1
10:00 - 10:45	Indoor Cycling	Spin
11:00 - 11:30	Core Blast	Dan
11:45 - 12:45	Yoga	Func
13:00 - 14:00	Yoga	Func
18:45 - 19:45	Yoga	Func
WEDNESDAY		
07:00 - 07:45	Circuits	SH 1
09:30 - 10:00	Men's Lifting	GYM
10:45 - 11:45	Pilates	Func
11:00 - 11:30	Family Circuits	GYM
18:30 - 19:15	Indoor Cycling	Spin
18:45 - 19:45	Pilates	Func
19:00 - 20:00	Body Combat	Dan
19:30 - 20:30	Kettlecise	SH1
SATURDAY		
07:45 - 08:45	Circuits	SH 1
SUNDAY		
10:00 - 10:45	Indoor Cycling	Spin
16:00 - 16:30	Strength and Conditioning	GYM

Indoor Cycling
Weights Workout
Aerobic / Dance

Holistic
High Intensity Training
Gym Floor Sessions

Dance Studio	Dan
Gym Floor (Downstairs)	Gym
Function Room	Func
Spin Studio	Spin
Sports Hall 1	SH 1
Sports Hall 2	SH 2

