

Group Exercise Timetable 2024

MONDAY		
07:00-07:45	Circuits	SH 1
10:45-11:45	Yoga	Func
12:00-13:00	Yoga	Func
18:30-19:15	Indoor Cycling	Spin
18:45-19:30	Zumba	Func
19:30-20:15	Body Balance	Func

TUESDAY		
07:00-07:45	Legs Bums and Tums	SH 1
10:30-11:15	Indoor Cycling	Spin
13:00-14:00	Pilates	Func
18:45 - 19:45	Fitsteps	SH1
19:00-20:00	Circuits	SH2
19:15 - 20:15	Body Pump	Spin

WEDNESDAY		
07:00-07:45	Circuits	SH 1
10:00-10:30	Flex and Stretch	Spin
10:45-11:45	Pilates	Func
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

THURSDAY		
07:00-07:45	Core Stability	SH 1
12:00-12:45	Indoor Cycling	Spin
12:15-13:00	Aqua	Pool
18:45-19:45	Body Balance	Func
18:45-19:30	Body Combat	Spin
18:45-19:30	Circuits	SH 1
19:45-20:45	Body Pump	Spin

FRIDAY		
07:00-07:45	Circuits	SH 1
11:00-11:30	Core Blast	Spin
11:45 - 12:45	Yoga	Func
13:00-14:00	Yoga	Func
18:45-19:45	Yoga	Func

SATURDAY		
07:45-08:45	Circuits	SH 2

SUNDAY		
10:00-10:45	Indoor Cycling	Spin

Indoor Cycling	Holistic
Weights Workout	High Intensity Training
Aerobic / Dance	Junior session

Downstairs Gym	Gym	Dance studio	DAN
Sports hall 1	SH1	Function Room	Func
Sports hall 2	SH2	Spin Studio	Spin
Squash Courts	Squ		

Guide Me sessions

MONDAY	
07:30-08:00	Push Ups & Pull Ups
12:00-12:30	Stretching
19:00-19:30	Ladies Only Free Weights
TUESDAY	
07:30-08:00	Stretching
WEDNESDAY	
12:00-12:30	Stretching
18:30-19:00	Push Ups & Pull Ups
THURSDAY	
07:30-08:00	Stretching
FRIDAY	
12:00-12:30	Push Ups & Pull Ups
SUNDAY	
12:00-12:30	Push Ups & Pull Ups
17:00-17:30	Push Ups & Pull Ups

For all Guide Me sessions please meet at reception

