

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
10:45-11:45	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

Guide Me sessions	
Intro to Kettlebells	
07:30-08:00	Monday
19:00-19:30	Tuesday
12:00-12:30	Wednesday
07:30-08:00	Thursday
11:00-11:30	Sunday
Intro to Weightlifting	
19:00-19:30	Monday
19:00-19:30	Wednesday
17:00-17:30	Sunday

Guide to Weightlifting

Learn the fundamental lifts, including the squat, lunge, deadlift, press and pull.

Guide to Kettlebells

Learn how to perform and create an effective workout with Kettlebells

For all Guide Me sessions please meet at reception

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

Dance studio DAN

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

