

MEMBERS HAVE FREE ACCESS TO CLASSES WITHIN THE FITNESS CLUB. SPECIALIST CLASSES THAT INCLUDE CALISTHENICS, PARKOUR, GYMNASTICS, SPECIFIC EVENT TRAINING SEMINARS ETC ARE CHARGEABLE.

NON-MEMBER CLASSES ARE £6 PER CLASS EXCEPT AQUA AND YOGA WHICH ARE £8 PER SESSION

NOTE THAT CLASS COST DOES NOT INCLUDE FOR USE OF THE GYM, POOL OR OTHER FACILITIES. IF OTHER FACILITIES ARE REQUIRED, THE DAY RATE FOR DAY USE IS APPLICABLE AT £8 FOR GYM OR SWIM, AND £10 FOR GYM & SWIM USE.



STUDIO **OT** TIME TABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
07.00 - 07.30 CIRCUITS	07.00 - 07.45 CIRCUITS	07.00 - 07.30 CIRCUITS	07.00 - 07.45 ENERGIZE SPIN	07.00 - 07.30 ENERGIZE SPIN	10.00 - 12.00 JUDO
07.30 - 08.00 ENERGIZE SPIN	07.30 - 08.00 ENERGIZE SPIN	07.30 - 08.00 ENERGIZE SPIN	09.30 - 10.15 GET ACTIVE 50+	07.00 - 07.45 CIRCUITS	10.00 - 10.45 OUTDOOR FITNESS
10.30 - 11.15 GET ACTIVE 50+	09.00 - 09.45 AQUA FITNESS	10.00 - 10.45 GET ACTIVE 50+	13.00 - 13.30 ENERGIZE SPIN	09.15 - 10.00 AQUA FITNESS	15.00 - 15.30 ABS BLAST
12.00 - 12.30 ENERGIZE SPIN	12.30 - 13.00 HIIT CIRCUIT	12.00 - 12.30 ENERGIZE SPIN	12.30 - 13.00 BODYWEIGHT CIRCUIT	12.00 - 12.30 ABS BLAST	17.00 - 17.30 ENERGIZE SPIN
16.00 - 17.00 TEEN FIT	13.30 - 14.00 BODYWEIGHT BLAST	16.00 - 17.00 TEEN FIT	16.00 - 17.00 TEEN FIT	12.30 - 13.00 ENERGIZE SPIN	
18.00 - 18.45 MICHELLE SPIN	14.00 - 15.00 WALKING GROUP	17.00 - 17.45 MICHELLE SPIN	17.00 - 17.45 ENERGIZE SPIN	16.00 - 17.00 TEEN FIT	SUNDAY
18.00 - 19.00 CALI FOR ALL	16.00 - 17.00 TEEN FIT	18.00 - 18.45 OUTDOOR FITNESS	18.00 - 18.45 BOXFIT	17.30 - 18.15 OUTDOOR FITNESS	09.00 - 09.45 ENERGIZE SPIN
18.30 - 19.00 PILATES	17.30 - 18.00 ENERGIZE SPIN	18.00 - 18.45 AQUA FITNESS	18.30 - 19.15 OUTDOOR BOOTCAMP	18.15 - 19.00 ENERGIZE SPIN	10.00 - 10.45 OUTDOOR FITNESS
19.15 - 20.00 AQUA FITNESS	18.00 - 18.45 BOXFIT	18.45 - 19.30 YOGA	19.30 - 20.00 PILATES		15.00 - 15.30 BODYWEIGHT BLAST
	18.30 - 19.15 OUTDOOR BOOTCAMP				17.00 - 18.00 CALLISTHENICS

CLASS TYPE

- INSTRUCTOR LEAD
- CLASSES OUTDOOR
- FITNESS ON DEMAND
- AQUA CLASSES
- GYMSTERS
- PRIVATE CLASS BOOKING



READY TO **BOOK YOUR CLASS?**

Scan the QR Code to view our timetable.

