



STUDIO TIMETABLE

AUTUMN - WINTER 2024

MONDAY

06.45 - 07.30	NEW Yoga - Rebecca	Fitness
07:15 - 07:45	Les Mills SPRINT	Spin
08:00 - 08:45	Les Mills RPM	Spin
09:00 - 09:45	Legs, Bums and Tums	Fitness
10:00 - 10:45	Les Mills THE TRIP	Spin
10:00 - 10:45	Les Mills BODYPUMP	Fitness
11:15 - 12:15	Flow Yoga with Anne	Fitness
12:00 - 12:45	Les Mills THE TRIP	Spin
13:00 - 13:45	Les Mills RPM	Spin
17:15 - 17:45	Circuits	Fitness
18:00 - 18:30	Les Mills GRIT	Fitness
18:00 - 18:45	Les Mills THE TRIP	Spin
18:45 - 19:45	Power Yoga - Ricky	Fitness
19:00 - 19:30	Les Mills SPRINT	Spin

TUESDAY

07:15 - 07:45	Live Spin	Spin
08:00 - 08:45	Les Mills RPM	Spin
09:15 - 10:00	Les Mills BODYPUMP	Fitness
10:00 - 10:45	Les Mills THE TRIP	Spin
10:15 - 11:00	Barre Fitness	Fitness
11:15 - 12:15	Hatha Yoga - Anne	Fitness
12:00 - 12:45	Les Mills THE TRIP	Spin
13:00 - 13:45	Les Mills RPM	Spin
13:30 - 14:00	NEW Women's Weightlifting	Fitness
17.15 - 17.45	NEW Kettlebells	Fitness
18:00 - 18:30	NEW Sweat & Shred	Fitness
18:15 - 18:45	Live Spin	Spin
19:00 - 19:30	Les Mills SPRINT	Spin

WEDNESDAY

07:00 - 07.30	Circuits	Fitness
08:00 - 08:45	Les Mills RPM	Spin
09:15 - 09.45	Circuits	Fitness
10:15 - 11:15	Aerobics	Fitness
11:30 - 12:30	Beginners Yoga with Sian	Fitness
12:00 - 12:45	Les Mills THE TRIP	Spin
13:00 - 13:45	Les Mills RPM	Spin
13:30 - 14:30	Flow Yoga - Anne	Fitness
17:15 - 18:15	Flow Yoga - Rebecca	Fitness
18.30 - 19.00	NEW Les Mills GRIT	Fitness
18:00 - 18:45	Les Mills THE TRIP	Spin
19:00 - 19:30	Les Mills SPRINT	Spin
19:15 - 20:00	Legs, Bums and Tums	Fitness

THURSDAY

07:15 - 07:45	HIIT	Fitness
08:00 - 08:45	Les Mills RPM	Spin
09:15 - 09:45	Strength	Fitness
10.15 - 11.15	Les Mills BODYBALANCE	Fitness
11.30 - 12.15	Dance Fit	Fitness
12:00 - 12:45	Les Mills THE TRIP	Spin
13:00 - 13:45	Les Mills RPM	Spin
13:30 - 14:00	Kettlebells	Fitness
14:15 - 15:15	Pilates - Sarah	Fitness
17:15 - 18:00	Yin Yoga - Ricky	Fitness
18:15 - 18:45	Live Spin	Spin
18:15 - 19:00	Les Mills BODYPUMP	Fitness
19:00 - 19:30	Les Mills SPRINT	Spin

FRIDAY

07:15 - 07.45	Les Mills SPRINT	Spin
08:00 - 08:45	Les Mills RPM	Spin
09:15 - 10:00	Les Mills BODYPUMP	Fitness
10:15 - 11:00	Circuits	Fitness
12:00 - 13.15	Pilates & Meditation - Donna	Fitness
12:00 - 12:45	Les Mills THE TRIP	Spin
13:00 - 13:45	Les Mills RPM	Spin
18:00 - 19:00	Les Mills BODYBALANCE	Fitness
18.00 - 18.45	Les Mills THE TRIP	Spin
19:00 - 19.30	Les Mills SPRINT	Spin
19:15 - 19:45	Strength	Fitness

SATURDAY

08:00 - 08:45	Les Mills THE TRIP	Spin
09:00 - 09:45	Les Mills BODYPUMP	Fitness
10:00 - 10:45	Les Mills RPM	Spin
10:00 - 11:00	Pilates - Sally	Fitness
11.00 - 11.30	NEW Women's Weightlifting	Fitness
11:30 - 12:00	Les Mills SPRINT	Spin

SUNDAY

09:00 - 10:00	Les Mills BODYBALANCE	Fitness
10:00 - 10:30	Live Spin	Spin
10:15 - 11:00	Les Mills BODYCOMBAT	Fitness
11:00 - 11:45	Les Mills RPM	Spin
11:15 - 11:45	Kettlebells	Fitness
12:00 - 12:45	Les Mills THE TRIP	Spin



BOOK ON THE APP
FREE FOR FITNESS MEMBERS | £7 FOR OTHER MEMBERS

