

# Exercise Class Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
HIIT with Colin 07:15 - 07:45			HIIT with Mandi 07:30-08:00			Fitness Pilates with Eszter 07:15-07:45
Combat with Alice	Rise & Shine Yoga with Valerie 08:00 - 09:00	HIIT with Colin 08:00-08:30	LBT with Mandi	Rise & Shine Yoga with Valerie	Body Blitz with Colin	Gymstick with Eszter 08:00-08:45
Pump with Alice 09:00 - 09:45	Yoga Vinyasa with Jane G 09:15 - 10:00	Pump with Tina 09:15-10:00	Combat with Alice 09:15-10:00	Lift Lean with Mandi	Stretch & Tone with Alice	Tai Chi with Mike
Pilates with Penny	LBT with Carolyn	Move with Tina	Pump with Alice 10:15 - 11:00	Pump with Alice 10:15-11:00	Core 3D with Lauren	Yoga Vinyasa with Yvonne
Pilates with Penny 11:00-11:45	Supple Strength with Carolyn	Core & Release with Tina	Senior Pilates with Penny	Dynmaic Pilates with Abi 11:15 - 12:00	Zumba with Lauren 11:15-12:00	Qigong with Paul 11:15-12:15
Step with Judy 12:00 - 12:45	Pilates with Carolyn 12:15 - 13:00	Pilates with Tina 12:15 - 13:00	Pilates with Penny 12:15-13:00	Yogalates with Abi 12:15 - 13:00	Pilates with Abi 12:15-13:00	
Yogalates with Abi 13:00 - 13:45	Zumba with Judy 13:15-14:00	Stretch & Tone with Tina 13:15-14:00	Pilates with Carolyn 13:15-14:00	5 Element Flow with Bella 13:30-14:30		
Pilates with Abi 14:00 - 14:45	Fitness Pilates with Judy 14:15-15:00	Body Conditioning with Ingrid 14:15-15:00	Stretch & Tone with Carolyn 14:15-15:00			
Core Blast with Ingrid 15:00 - 15:30	Movement Mechanics with Tom 15:15 - 16:00	Core Blast with Ingrid				
Dynamic Pilates with Abi 16:30 - 17:15	Low Impact Conditioning with Tom 16:15 - 17:00	Flow Yoga with Bella	Yoga Hatha with Elena 16:15-17:00			
HIIT with Tina	Dynmaic Pilates with Abi	Fitness Pilates with Eszter 17:30-18:15	Cardio Barre with Lucy P	Dynamic Flow Yoga with Jane G		
Yoga Stretch with Tina	Barre Sculpt with Abi 18:15 -19:00	Gymstick with Eszter 18:30-19:15	Body Blitz with Colin	Slow Flow Yoga with Jane G 17:00-17:45		
Yoga Ashtanga with Davy 19:45-21:00	Zumba with Lauren	Zumba with Joanna	Pump Express with Ingrid 19:15-19:45			

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Studio Cycle with Colin 07:00-07:45		Studio Cycle with Colin 07:15-08:00		
Studio Cycle with Colin 08:00-08:45	Kettlebells with Eszter 08:00-08:45		Studio Cycle with Alice 08:15-09:00			
	Strong with Rich 09:00-09:45			Strong with Tom 09:00-09:45		Studio Cycle with Eszter 09:15-09:45
	Core & Cycle with Ingrid 10:15-11:00	Core & Cycle with Abi 10:30-11:00		Studio Cycle with Abi 10:15-10:45	Studio Cycle with Alice 10:15-11:00	
		Beginners Cycle with Abi 11:30-12:00			Beginners Cycle with Abi 11:30-12:00	
Studio Cycle with Abi 12:00-12:30						
	Studio Cycle with Tom 17:15 -18:00	Kettlebells with Rich 17:15-18:00	Kettlebells with Ingrid 17:15-18:00			
Studio Cycle with Alice 18:15-19:00		Studio Cycle with Colin 18:15-19:00	Core & Cycle with Lucy P 18:30-19:15	Studio Cycle with Colin 18:00-18:45		
Studio Cycle with Tina 19:30-20:00						

Book exercise classes up to 6 days in advance online from 21:00 or by phone from 21:30.

If required, we ask members to bring their own mat to class. We also encourage you to bring your own equipment if possible.

From 17th May, indoor exercise classes can restart. We will be offering an extended class timetable, held across our 2 indoor studios and 1 outdoor covered studio. The timetable from 17th May will be communicated in due course.