

Spring Timetable.

Commencing 12th April 2021 until 16th May
when full class timetable resumes.

Monday

09.15	BoxHIIT	Elaine
11.30	Pilates	Roland
18.00	Stability (Balls)	Andrew
18.00	OUTDOOR RIDE	Sarah
20.00	Slim-Fit*	Andrew

Tuesday

09.15	Tone & Sculpt	Elaine
10.15	HIIT	Andrew
11.00	Vinyasa Yoga	Sarah
12.00	Over 60's Men*	Adam
13.00	Over 60's Women*	Adam
18.00	Tone & Sculpt	Andrew
19.00	Zumba	Catherine

Wednesday

09.30	Cardio Combat	Vicky
10.30	PUMP	Vicky
11.30	Core & Abs	Vicky
18.00	Body Conditioning	Andrew
18.00	OUTDOOR RIDE	Rhys
20.00	Slim-Fit*	Andrew

Thursday

10.30	Barre Fusion	Vicky
11.30	Balance	Vicky
12.00	Over 60's Men*	Adam
13.00	Over 60's Women*	Adam
18.00	HIIT	Rhys

Friday

09.15	MetaHIIT	Toni
10.00	Dynamic Stretch	Toni
10.45	Glute Camp	Elaine
18.00	OUTDOOR RIDE	Roland
18.45	OUTDOOR Killer Abs	Roland

saturday

07.00	Slim-Fit*	Andrew
09.30	PUMP	Tony

We may, at times need to cancel or change a class time or instructor due to sickness or holiday. We will provide as much notice as possible to the members booked. * Payable session not included in membership, for members & non members .