

CLASS TIMETABLE

DAY	CLASS	TIME	ROOM
MONDAY	SPIN	6:45 AM - 7:15 AM	SPIN ROOM
	MONDAY MAYHEM	9:15 AM - 10:00 AM	CIRCUIT STUDIO
	LEGS, BUMS, TUMS	12:00 PM - 12:30 PM	CIRCUIT STUDIO
	HIIT SPIN	6:00 PM - 6:30 PM	SPIN ROOM
	BEGINNER SPIN	6:45 PM - 7:15 PM	SPIN ROOM
	YOGA (£4.50 for members)	7:30 – 8:30 PM	DANCE STUDIO
TUESDAY	HIGH TEMPO TUESDAYS	6:45 AM - 7:15 AM	CIRCUIT STUDIO
	CORE CONDITIONING	9:15 AM - 9:45 AM	CIRCUIT STUDIO
	50+ CIRCUIT	10:15 AM - 10:45 AM	CIRCUIT STUDIO
	50+ CIRCUIT	11:00 AM - 11:30 AM	CIRCUIT STUDIO
	SPIN	4:30 PM - 5:15 PM	SPIN ROOM
	BOXFIT	6:15 PM - 6:45 PM	CIRCUIT STUDIO
WEDNESDAY	BOXFIT	6:30 AM - 7:00 AM	CIRCUIT STUDIO
	3 X 5K	9:15 AM - 10:45 AM	MAIN GYM
	WEIGHT LOSS WEDNESDAY	5:30 PM - 6:00 PM	RESISTANCE
	CIRCUIT	6:15 PM - 6:45 PM	CIRCUIT STUDIO
	TURNED UP FITNESS (£3.50 for members)	7:00 – 8:00 PM	DANCE STUDIO
THURSDAY	SPIN	6:45 AM - 7:15 AM	SPIN ROOM
	THIRSTY WORK THURSDAY	9:15 AM - 10:00 AM	CIRCUIT STUDIO
	MATS MASTERCLASS	10:15 AM - 11:30 AM	CIRCUIT STUDIO
	NEGATIVE SETS	1:00 PM - 1:45 PM	CIRCUIT STUDIO
	KETTLES & CARDIO BLAST	6:00 PM - 6:45 PM	CIRCUIT STUDIO
	YOGA (£4.50 for members)	5:30 – 6:30 PM	DANCE STUDIO
FRIDAY	KILLER KETTLES	6:45 AM - 7:15 AM	CIRCUIT STUDIO
	SPIN	9:15 AM - 9:45 AM	SPIN ROOM
	CIRCUIT	11:00 AM - 12:00 PM	CIRCUIT STUDIO
	FREE WEIGHT FRIDAY	6:00 PM - 6:45 PM	FREE WEIGHTS ROOM
SATURDAY	KETTLE BLAST	8:15 AM - 8:45 AM	CIRCUIT STUDIO
	SPARTAN CIRCUIT	9:30 AM - 10:30 AM	CIRCUIT STUDIO
	SPIN	11:00 AM - 11:30 AM	SPIN ROOM
SUNDAY	STEP UP SUNDAY	8:30 AM - 9:00 AM	CIRCUIT STUDIO
	BANDS, MATS, BALLS	10:00 AM - 10:30 AM	CIRCUIT STUDIO