

Classes Schedule

MONDAY

Water Aerobics	10.00 – 10.30	Beginner (£2)
Spinning	12.15 – 12.45	Beginner (£3)
Legs, bums and tums	17.25 – 17.55	Suitable for all (£1.50)
Abs and back	17.55 – 18.20	Suitable for all (£1.50)
Legs, bums and tums	18.25 – 19.10	Suitable for all (£3)
Aerobics	19.15 – 20.00	Advanced (£3)
Chi Yoga	20.05 – 21.00	Suitable for all (£3)

TUESDAY

Circuits	12.15 – 12.45	Suitable for all (£3)
Spinning	18.00 – 18.45	Intermediate (£3)

WEDNESDAY

Total Body Conditioning	12.15 – 12.45	Suitable for all (£1.50)
Legs, bums and tums	17.25 – 17.55	Suitable for all (£1.50)
Step	18.00 – 19.00	Advanced (£3)
Abs and back	19.00 – 19.25	Suitable for all (£1.50)
Total Body Conditioning	19.30 – 20.15	Suitable for all (£3)

THURSDAY

Abs	12.15 – 12.45	Suitable for all (£3)
Spinning	18.00 – 18.30	Beginner (£2)

FRIDAY

Water Aerobics	10.00 – 10.30	Beginner (£2)
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SATURDAY

Spinning	13.30 – 14.15	Intermediate (£3)
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GYM OPENING TIMES

Mon-Thu: 06.30 - 22.00

Fri: 06.30 - 21.00

Sat: 07.30 - 19.30

Sun: 08.00 - 16.00

Classes are free for gym members, for non members please see the pricing structure above. Classes can be booked at the reception.

Please be aware that classes fill up quickly. Please book early to avoid disappointment.