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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BODYFIT 07:00 – 07:45 WITH LYNDSEY 	INSANITY 07:00 – 07:45 WITH ANNIE 	SLUMDOG CIRCUITS 07:00 – 07:45 WITH PADDY 	BODYPUMP 07:00 – 07:45 WITH ANNIE 	CIRCUITS 07:15 – 08:00 WITH LYNDSEY 	
					YOGA 10:00 – 11:00 WITH NATALIE 
	GROUP CYCLING 12:30 – 13:00 WITH LYNDSEY 				
			COREFIT 12:30 – 12:50 WITH TOM 		
		GROUP CYCLING 17:30 – 18:15 WITH LYNDSEY 			
CIRCUITS 18:30 – 19:15 WITH LYNDSEY 	DANCEFIT 18:00 – 18:45 WITH NATHANAEL 	YOGA 18:30 – 19:30 WITH NATALIE 	INSANITY 18:00 – 18:45 WITH ANNIE 	DANCEFIT 18:00 – 18:45 WITH NATHANAEL 	
					

BODYFIT – An all-body workout designed to get you fit while toning up. Suitable for all levels and with a real focus on a whole body approach.

BODYPUMP – A barbell class designed to help you get toned, lean and strong.

DANCEFIT – Work hard and have fun all at the same time whilst boogying to your favourite songs with Nathanael's DanceFit class.

COREFIT – A short and sharp class designed to work your core. Strengthening the whole core area, improving your posture and toning up your belly.

INSANITY – A fast-paced high-intensity cardio workout using just bodyweight exercises in time to music to blast fat and tone up.

GROUP CYCLING – Join our cycling instructors as they take you through a cardio-style cycling to music class designed to shred fat and burn calories.

INSTRUCTOR TYPE



INSTRUCTOR LEAD



VIRTUAL CLASS

*Classes subject to change