



Our Gym Time Table

Monday

07.00-07.30	Express Spin
09.15-10.00	Aerobic Conditioning
09.30-10.00	FC Abs Overload
10.00-10.45	Aqua Fit
10.05-10.35	Kettlebells
10.15-11.15	Pilates
10.40-11.10	Step Fit Blast
10.45-11.30	Aqua Care
11.25-12.10	Fit Steps
12.15-13.15	Flexability and Function
17.15-17.45	Kettlebells
17.50-18.35	BoxFit
18.00-18.45	Spinning
18.15-19.15	Yoga
18.45-19.45	Pilates
19.00-19.45	Spinning
19.15-20.15	Yoga

VIRTUAL

07.15-08.00	Body Pump
12.00-12.30	Sprint
12.45-13.15	Sprint
15.00-15.45	Body Combat
17.30-18.15	Body Pump



Thursday

07.00-07.30	FC Strength
09.45-10.30	Spinning
09.30-10.00	Nordic Walking Beginners
10.00-11.15	Nordic Walking
10.00-11.00	Pilates
11.15-12.00	Zumba Gold
12.00-12.45	Aqua Care
12.15-13.00	Easy Pace L.I. Areobics
13.00-13.45	Easy Pace Tone and Stretch
17.30-18.30	Yoga
17.30-18.15	Retrobics
18.00-18.45	Spinning
18.30-19.30	Zumba
19.00-19.45	Total Body HIIT
19.45-20.30	Body Tone

VIRTUAL

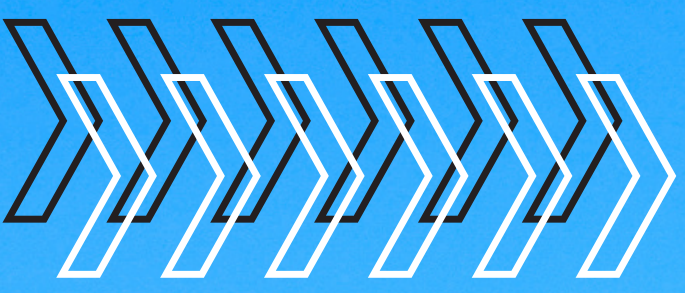
07.00-07.30	RPM
08.00-08.45	Body Balance
09.15-09.45	Body Combat
12.00-12.30	Sprint
12.45-13.15	RPM
14.15-14.45	Body Pump
15.30-16.00	Body Pump
16.30-17.15	Body Combat
17.15-17.45	Sprint
19.30-20.20	RPM

Tuesday

07.00-07.30	FC Energise
09.30-10.30	BTT
09.30-10.15	Spinning
10.30-11.15	BoxFit
10.45-11.45	Fitness Yoga
12.30-13.15	Easy Pace L.I. Areobics
13.15-14.00	Easy Pace Tone & Stretch
17.45-18.45	Bar Blast
18.00-18.45	Spinning
18.55-19.25	Beginners Spin
19.00-19.30	FC HIIT
19.15-20.15	Zumba
19.30-20.00	FC Strength
19.35-20.20	Flexibility and Function

VIRTUAL

07.00-0.730	RPM
08.00-08.45	Body Combat
12.00-12.30	Sprint
12.45-13.15	Sprint
14.00-14.50	RPM
14.30-15.15	Body Balance
15.30-16.15	Body Combat
16.45-17.30	Body Pump



Friday

07.00-07.30	Express Spin
09.00-09.45	Aqua Fit
09.40-10.40	Zumba
09.45-10.45	Step
10.00-10.45	Spinning
10.00-10.30	FC HIIT
10.30-11.00	FC Strength
11.00-12.00	Pilates
17.00-18.00	Flexibility and Function
18.05-18.50	Spinning

VIRTUAL

08.00-08.30	Body Pump
12.00-12.30	RPM
12.45-13.15	Sprint
14.00-14.50	RPM
14.30-15.00	Body Combat
16.00-16.45	Body Balance

Wednesday

07.00-07.30	Express Spin
09.15-10.15	BTT
09.30-10.00	Outdoor HIIT
11.30-12.30	Holistic Pilates
11.45-12.30	Zumba
17.00-17.30	KettleBells
17.35-18.05	Abs Blast
17.55-18.40	Spinning
18.55-19.40	Spinning
18.45-19.30	Classic Circuits

VIRTUAL

09.30-10.20	RPM
12.00-12.30	Sprint
12.45-13.15	Sprint
12.45-13.30	Body Balance
14.00-14.45	Body Combat
16.00-16.45	Body Pump
20.00-20.30	RPM



Saturday

08.30-09.00	FC HIIT
08.40-09.10	Express Spin
09.30-10.00	FC HIIT
10.00-10.30	FC Abs Overload

VIRTUAL

12.00-12.50	RPM
14.00-14.30	Sprint

Sunday

08.30-09.30	Yoga
09.15-10.00	Spinning
09.30-10.30	Zumba
09.30-10.00	FC Energise
10.00-10.30	FC Strength

VIRTUAL

12.30-13.00	Sprint
13.00-13.45	Body Combat
14.00-14.50	RPM
14.30-15.15	Body Balance

Opening Times

Monday-Friday	06.30-21.00
Weekends	07.45 - 17.00
Bank Holiday	08.00-16.00