

GROUP EXERCISE TIMETABLE

MONDAY

07.00 - 07.45	Indoor Cycling	Luke	1
08.00 - 09.00	Yoga	Dorothy	2
08.30 - 09.15	Indoor Cycling	Ellie	1
08.45 - 09.30	Aqua Fit	Mark	3
09.15 - 10.00	Inv. Aerobics	Kelly	2
09.25 - 10.10	Indoor Cycling	Ellie	1
09.30 - 10.15	Aqua Fit	Mark	3
10.00 - 11.00	Fifty's Fitsteps	Kelly	2
10.15 - 11.00	Aqua Fit	Mark	3
10.25 - 11.25	Body Pump	Gym team	1
11.30 - 12.15	Body Balance	Judy	2
12.20 - 13.15	Pilates	Claire R	2
13.20 - 14.15	Body Balance	Gabriel	2
18.15 - 19.00	Indoor Cycling	Luke	1
18.15 - 19.15	Fitsteps	Pat H	2
19.15 - 20.15	Pilates	Pat H	2
19.15 - 20.15	S&C	Ellie	1

TUESDAY

06.35 - 06.55	Spinning Tabata	Mark	1
07.00 - 07.45	Boxercise	Mark	1
07.15 - 08.10	Pilates	Sonia	2
08.15 - 09.10	Pilates	Sonia	2
08.30 - 09.00	GRIT	Gym team	1
09.15 - 10.15	Bellicon Rebound	Vicky	1
09.15 - 10.15	Fitsteps	Kelly	2
09.30 - 10.15	Circuits	Gym team	7
10.15 - 11.00	Circuits	Gym team	7
10.15 - 11.15	Yoga Somatics Adv.	Gabriel	2
10.30 - 11.30	Low Impact Zumba	Vicky	1
11.30 - 12.25	Pilates	Pat M	2
12.30 - 13.25	Pilates Beginners	Pat M	2
18.15 - 19.00	Indoor Cycling	Nikki	1
18.15 - 19.15	Fitsteps	Kelly	2
19.15 - 20.10	Legs, Tums & Bums	Nikki	2
19.15 - 20.10	Bellicon Rebound	Pat H	1
20.00 - 21.00	Circuits	Gym team	4
20.15 - 21.10	Pilates	Pat H	2

WEDNESDAY

06.35 - 07.05	GRIT	Gym team	1
07.15 - 08.10	Yoga Somatics	Gabriel	2
07.30 - 08.15	Indoor Cycling	Ellie	1
08.15 - 09.10	Yoga Somatics	Gabriel	2
08.30 - 09.15	Indoor Cycling	Luke	1
09.00 - 09.45	Aqua Fit	Sam	3
09.15 - 10.15	Zumba	Vicky	2
09.25 - 10.10	Indoor Cycling	Luke	1
09.45 - 10.30	Aqua Fit	Sam	3
10.20 - 11.20	Pilates	Claire R	2
10.25 - 11.25	S&C	Charlie	1
11.25 - 12.25	Pilates	Claire R	2
11.30 - 12.30	Fitsteps	Kelly	1
12.30 - 13.30	Yoga Somatics	Dorothy	2
18.15 - 19.15	Body Pump	Eileen	1
18.15 - 19.10	Pilates	Judy	2
19.15 - 20.15	Yoga	Dorothy	2
19.30 - 20.15	Indoor Cycling	Eileen	1


THURSDAY

07.00 - 07.45	Boxercise	Chris	1
07.15 - 08.10	Pilates	Gabriel	2
08.15 - 09.10	Pilates	Gabriel	2
08.30 - 09.00	GRIT	Gym team	1
09.15 - 10.00	Pilates Advanced	Gabriel	2
09.30 - 10.15	Circuits	Gym team	7
09.30 - 10.30	Aerobics	Nikki	1
10.05 - 10.55	Pilates	Pat M	2
10.15 - 11.00	Circuits	Gym team	7
10.30 - 11.30	Bellicon Rebound	Vicky	1
11.00 - 11.55	Pilates	Pat M	2
12.00 - 12.55	Body Balance	Dorothy	2
13.00 - 13.55	Body Balance	Hannah	2
18.15 - 19.10	Yoga Somatics	Dorothy	2
18.15 - 19.00	Body Pump	Judy	1
19.15 - 20.15	Body Balance	Judy	2
19.20 - 19.50	GRIT	Gym team	1

FRIDAY

07.00 - 07.45	Indoor Cycling	Nikki	1
08.00 - 09.00	Fitsteps	Gabriel	2
08.30 - 09.15	Indoor Cycling	Paul	1
09.00 - 09.45	Aqua Fit	Mark	3
09.15 - 10.00	Inv. Aerobics	Nikki	2
09.25 - 10.10	Indoor Cycling	Paul	1
09.30 - 10.30	Bootcamp	Gym team	6/7
10.10 - 10.55	Aerobics	Nikki	2
10.25 - 11.25	Body Pump	Judy	1
11.00 - 12.00	Inv. Yoga Somatics	Gabriel	2
11.30 - 12.30	Fitsteps	Kelly	1
12.15 - 13.10	Pilates	Judy	2
13.15 - 14.10	Pilates	Judy	2
18.15 - 19.30	S&C	Charlie	1
18.15 - 19.15	Fitsteps	Kelly	2

23 April - 1 September 2019

Key 1 Studio 1	5 Main Hall	 Holistic
2 Studio 2	6 Astro	 Indoor Cycling
3 Swimming Pool	7 Olympic Gym	 Aerobics & Dance
4 Gym	8 Dance Centre	 Weights Workout

S&C - Strength and Conditioning **Inv.** - Invincibles

Timetable subject to change. Classes require a minimum of two people to run.

All classes are free to Gold Card members.

A late cancellation fee of £5 may be charged if classes are busy.

Off Peak Gold members are subject to a non-member fee (£8.00) outside of their membership times. This does not include access to the gym.

SATURDAY

08.15 - 09.15	Body Balance	Judy	2
08.20 - 08.50	GRIT	Gym team	1
09.30 - 10.30	Step	Judy	2
09.30 - 10.30	Bellicon Rebound	Pat H	1
10.45 - 11.30	Indoor Cycling	Paul	1
10.45 - 11.45	Core & Flex	Pat H	2

SUNDAY

09.15 - 10.15	Indoor Cycling	Eileen	1
10.30 - 11.30	Body Pump	Eileen	1
15.25 - 15.55	Pilates Beginners	Heather	8
16.00 - 16.55	Pilates	Heather	8
17.00 - 17.55	Pilates	Heather	8

CLASSES IN THE QUBE: SMALL GROUP EXERCISE TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06.45 - 07.15 TRX	07.00 - 07.30 FST	06.45 - 07.15 TRX	07.00 - 07.30 FST	07.00 - 07.30 FST	08.45 - 09.15 FST	08.45 - 09.15 FST
09.30 - 10.00 FST	08.45 - 09.15 TRX	09.30 - 10.00 TRX	09.30 - 10.00 FST	08.45 - 09.15 FST	09.45 - 10.15 TRX	09.45 - 10.15 TRX
10.30 - 11.00 FST	09.30 - 10.00 FST	10.30 - 11.00 FST	10.30 - 11.00 TRX			
	10.30 - 11.00 TRX			18.15 - 18.45 FST		
18.30 - 19.00 FST		18.30 - 19.00 TRX	18.30 - 19.00 FST	19.00 - 19.30 FST		
19.30 - 20.00 FST	18.30 - 19.00 FST	19.30 - 20.00 FST	19.30 - 20.00 FST			
	19.15 - 19.45 TRX					

Classes in the Qube may include the Queenax Rig with use of the Super Functionals, the Plyometric Platform or the Rebounder to enhance ball skills. Most of our Qube classes will incorporate HIIT (High Intensity Interval Training) - quick intense bursts of exercise followed by short recovery periods.

TRX - Total Resistance eXercise

Best-in-class workout system that delivers a fast, effective total-body workout. Simply adjust your body position to add or decrease resistance.

Helps build a rock-solid core.
Increases muscular endurance utilising your own bodyweight.
Benefits people of all fitness levels and abilities. Includes strength and conditioning, as well as stretching and toning.

FST - Functional Strength Training

Combination of intense exercises using TRX, Viprs, core bags, boxing gloves and kettlebells for a whole body workout.

Improves strength, toning and conditioning. This workout will also incorporate the Queenax.

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Timetable subject to change. Please arrive in good time to all classes.

All classes are free to Gold Card members.

Non-members and Off Peak Gold members are subject to a non-member fee (£4.00) outside of their membership times. This does not include access to the gym.