

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	Fitsteps	Kelly	2
10.15 - 11.00	Aqua Fit	Mark	3
10.25 - 11.25	Body Pump	Ellie	1
11.30 - 12.15	Body Balance	Judy	2
12.20 - 13.15	Pilates	Claire R	2
13.20 - 14.15	Yoga Somatics	Gabriel	2
18.15 - 19.00	Indoor Cycling	Luke	1
18.15 - 19.15	Fitsteps	Gabriel	2
19.15 - 20.15	Pilates	Gabriel	2
19.15 - 20.15	S&C	Ellie	1
20.15 - 21.15	Body Balance	Gareth	2

TUESDAY

06.35 - 06.55	Spinning Tabata	Mark	1
07.00 - 07.45	Boxing	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 - 11.00	Yoga Advanced	Gabriel	2
10.30 - 11.30	Zumba	Vicky	1
11.00 - 11.45	Body Balance	Gabriel	2
11.50 - 12.45	Pilates	Nikki H	2
12.50 - 13.45	Pilates Beginners	Nikki H	2
18.15 - 19.00	Indoor Cycling	Nikki	1
18.15 - 19.15	Fitsteps	Kelly	2
19.15 - 20.00	Body Pump	Ellie	1
19.15 - 20.10	Legs, Tums & Bums	Nikki	2
20.00 - 21.00	Circuits	Gym team	4
20.15 - 21.10	Pilates	Nikki 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 - 11.15	Pilates Advanced	Claire R	2
10.25 - 11.25	S&C	Charlie	1
11.20 - 12.15	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	Boxing	Chris	1
07.15 - 08.10	Pilates	Gabriel	2
08.15 - 09.10	Body Balance	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	Claire R	2
10.15 - 11.00	Circuits	Gym team	7
10.30 - 11.30	Bellicon Rebound	Vicky	1
11.00 - 11.55	Pilates	Claire R	2
12.00 - 12.55	Body Balance	Dorothy	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 - 19.15	S&C	Charlie	1
18.15 - 19.15	Fitsteps	Kelly	2
19.30 - 20.15	Indoor Cycling	Paul/Charlie	1

2 September - 20 December 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
		 Les Mills™

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
08.30 - 09.00	GRIT	Gym team	1
09.15 - 10.00	Circuits	Gym team	1
09.30 - 10.30	Step	Judy	2
10.30 - 11.15	Indoor Cycling	Paul	1
10.45 - 11.45	Yoga	Richard	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