

GROUP EXERCISE TIMETABLE

MONDAY

06.45-07.30	Indoor Cycling	Jen	1
07.50-08.45	Yoga	Richard	2
08.15-08.55	Aqua	Mark	3
08.15-09.00	Indoor Cycling	Ellie	1
08.55-09.35	Aqua	Mark	3
09.00-09.45	BODYBALANCE	Gabriel	2
09.15-10.00	Indoor Cycling	Ellie	1
09.35-10.15	Aqua	Mark	3
10.00-10.45	Fitsteps	Gabriel	2
10.15-11.00	BODYPUMP	Ellie	1
11.00-11.45	Inv Aerobics	Nikki	2
11.15-12.00	Legs, Tums & Bums	Ingrida	1
12.00-12.45	Inv Yoga Somatics	Dorothy	2
12.15-12.45	Resistance Bands	Ingrida	1
13.00-13.45	Yoga Somatics	Dorothy	2
18.00-18.45	S&C	Ingrida	1
18.00-18.45	Pilates	Claire	2
19.00-19.45	Pilates	Claire	2
19.15-20.00	Indoor Cycling	Paul	1

TUESDAY

06.45-07.30	Spinning Tabata	Mark	1
07.30-08.15	Pilates	Gabriel	2
07.45-08.30	Spinning Tabata	Mark	1
08.30-09.15	Pilates	Gabriel	2
09.00-09.45	BODYPUMP	Hannah	1
09.30-10.15	Yoga Somatics	Gabriel	2
10.00-10.45	BODYBALANCE	Hannah	1
10.30-11.15	Pilates	Claire	2
11.00-11.45	Bellicon	Vicky	1
11.30-12.15	Barre	Claire	2
12.00-12.45	Zumba	Vicky	1
12.30-13.15	Pilates	Sonia	2
18.00-18.45	Indoor Cycling	Nikki	1
18.00-18.45	Yoga	Richard	2
19.00-19.45	Legs, Tums & Bums	Nikki	1
19.15-20.00	Fitsteps	Kelly	2

WEDNESDAY

07.15-08.00	Spinning Tabata	Mark	1
07.30-08.15	Yoga	Gabriel	2
08.15-09.00	Indoor Cycling	Ellie	1
08.30-09.15	Fitsteps	Gabriel	2
08.30-09.15	Aqua	Mark	3
08.30-09.15	Pilates	Helen	7
09.15-10.00	Aqua	Mark	3
09.15-10.00	Indoor Cycling	Eileen	1
09.30-10.15	Pilates	Claire	7
09.30-10.15	Yoga Somatics	Gabriel	2
10.15-11.15	BODYPUMP	Eileen	1
10.30-11.15	Pilates	Claire	2
11.30-12.15	Bellicon	Vicky	1
11.30-12.15	Inv Yoga	Richard	2
12.30-13.15	Yoga	Richard	2
18.00-18.45	Indoor Cycling	Eileen	1
18.00-18.45	Dance Fitness	Ingrida	2
19.00-19.45	Legs, Tums & Bums	Ingrida	2
19.00-20.00	BODYPUMP	Eileen	1
20.00-20.45	BODYBALANCE	Jo	2







THURSDAY

09.00-09.45	Barre	Hannah	1
08.30-09.15	Fitsteps	Kelly	2
08.30-09.15	Pilates	Gabriel	7
09.30-10.15	Pilates	Gabriel	7
09.30-10.15	Zumba	Vicky	2
10.00-10.45	Aerobics	Nikki	1
10.30-11.15	Pilates	Helen	2
11.00-11.45	Bellicon	Eileen	1
11.30-12.15	Pilates	Helen	2
12.00-12.45	S&C	Lana	1
12.30-13.15	Pilates	Helen	2
18.00-18.45	Bellicon	Ellie	1
18.00-18.45	BODYBALANCE	Gabriel	2
19.00-19.30	Resistance Bands	Ellie	2

FRIDAY

07.00-07.45	Indoor Cycling	Nikki	1
08.15-09.00	Indoor Cycling	Paul	1
08.15-09.00	Aqua	Sam	3
08.30-09.15	Fitsteps	Gabriel	2
09.00-09.45	Aqua	Sam	3
09.15-10.00	Indoor Cycling	Paul	1
09.30-10.15	BODYBALANCE	Gabriel	2
10.30-11.15	S&C	Ingrida	1
10.30-11.15	Inv Aerobics	Kelly/Sam	2
11.30-12.15	Dance Fitness	Ingrida	1
11.30-12.15	Fitsteps	Kelly	2
18.00-18.45	S&C	Lana	1

1 November - 19 December 2021

Key 1 Studio 1	4 Gym	 Holistic
2 Studio 2	5 Olympic Gym	 Indoor Cycling
3 Swimming Pool	6 Dance Centre	 Aerobics & Dance
7 Robin Dyer Centre		 Weights Workout
S&C - Strength and Conditioning		 Les Mills™
Inv. - Invincibles		 Aqua

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.
 Non-members are subject to a non-member fee (£8.00). This does not include access to the gym.

SATURDAY

08.45-09.30	Bellicon	Ingrida	1
09.15-10.00	Dance Fitness	Megan	2
09.45-10.15	Resistance Bands	Ingrida	1
10.15-11.15	Yoga	Richard	2
10.30-11.15	Indoor Cycling	Paul	1
11.30-12.30	Yoga	Richard	2

SUNDAY

09.15-10.15	Indoor Cycling	Eileen	1
10.30-11.30	BODYPUMP	Eileen	1
15.15-16.00	Pilates	Heather	2
16.15-17.00	Pilates	Heather	2
17.15-18.00	Pilates	Heather	2



CLASSES IN THE QUBE: SMALL GROUP EXERCISE TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06.45-07.15 FST	06.45-07.15 TRX	06.45-07.15 FST	06.45-07.15 TRX	06.45-07.15 FST	09.15-09.45 FST	09.15-09.45 FST
08.45-09.15 TRX	07.30-08.00 FST	08.45-09.15 TRX	07.30-08.00 TRX	08.30-09.00 TRX	10.15-10.45 TRX	10.15-10.45 TRX
09.30-10.00 Tabata HIIT	08.45-09.15 TRX	09.30-10.00 TRX	08.45-09.15 Tabata HIIT	12.30-13.00 FST		
	09.30 - 10.00 FST		09.45-10.15 Tabata HIIT			
18.15-18.45 FST		18.15-18.45 FST		18.15-18.45 FST		
	18.15-18.45 TRX		18.15-18.45 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, Vipers, core bags, boxing gloves and kettlebells for a whole body workout.

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



1 November - 19 December 2021

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

Non-members are subject to a non-member fee (£4.00). This does not include access to the gym.