

GROUP EXERCISE TIMETABLES: MAY & JUNE BANK HOLIDAY 2022

MONDAY - MAY 2

Club Open 08.00 - 16.00

08.15-09.15	Pilates	Heather	2
08.15-09.00	Indoor Cycling	Eileen	1
08.45-09.15	TRX	Gym Team	Q
09.15-10.00	Indoor Cycling	Eileen	1
09.30-10.00	Tabata HIIT	Gym Team	Q
10.15-11.10	BODYPUMP	Eileen	1
11.15-12.10	SH'BAM	Megan	1

THURSDAY - JUNE 2

Club Open 08.00 - 16.00







08.30-09.25	Fitsteps	Kelly	2
08.30-09.25	Pilates	Heather	7
09.30-10.25	Pilates	Heather	7
08.45-09.15	Tabata HIIT	Gym Team	Q
09.30-10.25	Zumba	Vicky	2
10.00-10.55	S&C	Lana	5
10.30-11.25	Pilates	Helen	2
11.30-12.25	Pilates	Helen	2
12.30-13.25	Pilates	Sonia	2

FRIDAY - JUNE 3

Club Open 06.30 - 11.30

08.15-09.00	Indoor Cycling	Paul	1
08.30-09.00	TRX	Gym Team	Q
09.15 -10.00	Indoor Cycling	Paul	1
10.15-11.00	METCON	Eileen	1



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	Q Qube	 Weights Workout
S&C - Strength and Conditioning		 Les Mills™
Inv. - Invincibles		 Total Resistance eXercise

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.