

GROUP EXERCISE TIMETABLE: 2 SEPTEMBER - 22 DECEMBER 2024

MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY			
06.45-07.30	Indoor Cycling	Nikki	1	06.35-07.20	Indoor Cycling	Mark	1	07.15-08.00	Indoor Cycling	Mark	1	07.30-08.15	Boxing Fitness	Eileen	1	07.00-07.45	Indoor Cycling	Nikki	1
08.00-08.55	Yoga	Gabriel	2	07.30-08.15	Boxing Fitness	Mark	1	07.30-08.25	Yoga	Gabriel	2	08.30-09.25	Dance Fitness	Kelly	2	08.15-09.00	Indoor Cycling	Paul	1
08.15-08.55	Aqua	Mark	3	07.30-08.25	Pilates	Gabriel	2	08.15-08.55	Aqua	Mark	3	08.30-09.25	Pilates	Gabriel	6	08.15-08.55	Aqua	Sam	3
08.15-09.00	Indoor Cycling	Ellie	1	08.30-09.25	Pilates	Gabriel	2	08.15-09.00	Indoor Cycling	Ellie	1	09.30-10.25	Pilates	Gabriel	6	08.30-09.25	Zumba	Gabriel	2
08.55-09.35	Aqua	Mark	3	08.45-09.40	BODYPUMP	Hannah	1	08.15-09.10	Pilates	Helen	6	09.30-10.25	Zumba	Vicky	2	08.55-09.35	Aqua	Sam	3
09.00-09.55	BODYBALANCE	Gabriel	2	09.30-10.25	Yoga Somatics	Gabriel	2	08.30-09.25	Zumba	Gabriel	2	09.30-10.30	Aerobics	Nikki	1	09.15-10.00	Indoor Cycling	Paul	1
09.15-10.00	Indoor Cycling	Katie	1	09.50-10.45	BODYBALANCE	Hannah	1	08.55-09.35	Aqua	Mark	3	10.30-11.15	Barre	Hannah	1	09.30-10.25	BODYBALANCE	Gabriel	2
09.35-10.15	Aqua	Mark	3	10.30-11.25	Pilates	Claire	2	09.10-09.55	Circuits	Eileen	1	10.30-11.25	Pilates	Helen	2	09.35-10.15	Aqua	Sam	3
10.00-10.45	Zumba	Gabriel	2	11.00-11.55	Bellicon	Vicky	1	09.30-10.15	Pilates	Claire	6	11.15-12.10	BODYBALANCE	Eileen	1	10.15-11.15	Circuits	Eileen	1
10.10-11.10	BODYPUMP	Katie	1	11.30-12.25	Pilates	Claire	2	09.30-10.25	Yoga Somatics	Gabriel	2	11.30-12.25	Pilates	Helen	2	10.30-11.15	Inv Aerobics	Kelly	2
11.00-11.45	Inv Aerobics	Nikki	2	12.00-12.55	Zumba	Vicky	1	09.35-10.15	Aqua	Sam	3	12.30-13.25	Pilates	Helen	2	11.20-12.20	Dance Fitness	Kelly	2
11.15-12.15	Dance Fitness	Kelly	1					10.00-11.00	BODYPUMP	Eileen	1					12.30-13.25	Inv Yoga	Sonia	2
12.00-12.45	Inv Yoga	Simona	2	18.00-18.45	Indoor Cycling	Nikki	1	10.30-11.25	Pilates	Claire	2	18.00-18.55	Bellicon	Eileen	1				
13.00-13.55	Yoga	Simona	2	18.00-18.55	Yoga	Sonia	2	11.15-12.00	Bellicon	Vicky	1	18.00-18.55	Pilates	Gaby	2	18.00-18.45	Indoor Cycling	Paul	1
				19.00-19.55	Legs, Tums & Bums	Nikki	1	11.30-12.15	Inv Pilates	Claire	2	19.00-19.55	BODYBALANCE	Eileen	2	18.00-18.55	Yoga	Daria	2
18.00-18.55	Bellicon	Eileen	1	19.00-19.55	Dance Fitness	Kelly	2	12.30-13.25	Yoga	Hannah	2	19.00-19.55	Zumba	Rebecca	1				
18.00-18.55	Pilates	Gabriel	2																
19.00-19.55	Pilates	Gabriel	2					18.00-18.45	Indoor Cycling	Eileen	1								
19.15-20.00	Indoor Cycling	Paul	1					18.00-18.55	Yoga	Daria	2								
								19.00-20.00	BODYPUMP	Eileen	1								
								20.00-21.00	BODYBALANCE	Jo	2								



- Key

1 Studio 1

2 Studio 2

3 Swimming Pool

S&C - Strength and Conditioning

Inv. - Invincibles
- 4 Gym

5 Olympic Gym

6 Robin Dyer Centre
- Holistic

Indoor Cycling

Aerobics & Dance

Weights Workout

Les Mills™

Aqua

Timetable subject to change. Classes require a minimum of two people to run.
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				SUNDAY			
08.15-09.15	Pilates	Katie	2	09.15-10.15	Indoor Cycling	Eileen	1
08.45-09.30	Legs, Tums & Bums	Marla	1	09.30-10.25	Yoga	Sonia	2
09.15-10.15	Pilates	Katie	2	10.30-11.25	Yoga	Sonia	2
09.30-10.15	Boxing Fitness	Eileen	1	10.30-11.30	BODYPUMP	Eileen	1
10.30-11.25	Indoor Cycling	Katie	1				
				15.15-16.00	Pilates	Heather	2
				16.15-17.00	Pilates	Heather	2
				17.15-18.00	Pilates	Heather	5