

NEW YEAR CLASS TIMETABLE

- Classes Only Membership: £40 per month
- All Inclusive Membership: £47 per month
- Pay As You Go: £10 per class

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0615-0700 SPRINT CYCLE	0615-0700 REPS	0615-0700 HYBRID	0615-0700 BOXFIT	0615-0700 LOAD & LIFT	0815-0900 HYBRID	0915-1000 HYBRID
0715-0800 YOGA	0715-0745 TABATA	0715-0800 PILATES	0715-0800 YOGA	0700-0745 CORE	0900-1000 YOGA	1015-1100 SPRINT CYCLE
0915-1000 REPS	0915-1000 PUMPED	0915-1000 FIRST FITNESS	0915-1000 LBT	0915-1000 HYBRID	1015-1100 SPRINT CYCLE	1115-1215 YOGA
0915-1000 FIRST FITNESS	1015-1100 ZUMBA	0915-1000 SPRINT CYCLE	0930-1015 YOGA	1015-1115 YOGA	1600-1645 LOAD & LIFT	
1015-1115 YOGA	1100-1200 YOGA	1015-1100 PILATES	1015-1100 STRENGTH & STABILITY	1115-1145 TABATA		
1115-1200 YOGALATES	1100-1130 CORE	1100-1200 YOGA	1015-1115 PILATES	1215-1245 LBT		
1215-1245 SPRINT CYCLE	1215-1245 REPS	1215-1245 TABATA	1215-1245 BOXFIT	1745-1830 SELF DEFENCE		
1630-1715 YOUTH CIRCUIT	1630-1715 YOUTH BOX	1630-1715 YOUTH LIFT	1745-1830 ZUMBA	1845-1915 STRENGTH & STABILITY		
1745-1830 BODY BLAST	1745-1830 HYBRID	1745-1830 STRENGTH & STABILITY	1830-1930 BOOTCAMP			
1830-1915 SPRINT CYCLE	1830-1930 YOGA	1845-1930 DANCE FITNESS	1830-1930 YOGA		STUDIO	GYM FLOOR
1930-2030 PILATES	1930-2000 CORE	1930-2015 HYBRID	1930-2015 PILATES		OUTSIDE	SPIN STUDIO