

SPRING/SUMMER 2025 – CLASS TIMETABLE

Class bookings can be made via your member app, and 7 days in advance of the class.
Please bear in mind, the timetable is subject to change.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>09:15 - 10:00</div> <div>Body Pump</div> <div>Dance Studio with Diane</div> <div>10:15 - 11:00</div> <div>Body Balance</div> <div>Dance Studio with Diane</div> <div>10:30 - 11:15</div> <div>Ride</div> <div>Cycling Studio with Gemma</div> <div>11:15 - 12:15</div> <div>Yoga</div> <div>Dance Studio with Diane</div> <div>11:30 - 12:15</div> <div>Aqua</div> <div>Main Pool with Gemma</div> <div>12:30 - 13:15</div> <div>Pilates</div> <div>Dance Studio with Gemma</div> <div>18:15 - 19:00</div> <div>Combat Workout</div> <div>Dance Studio with Lee</div> <div>19:00 - 19:45</div> <div>Body Pump</div> <div>Dance Studio with Lee</div>	<div>06:30 - 07:30</div> <div>Circuits</div> <div>Dance Studio with Steve</div> <div>09:00 - 09:45</div> <div>Ride</div> <div>Cycling Studio with Gemma</div> <div>10:00 - 10:45</div> <div>Pilates</div> <div>Dance Studio with Gemma</div> <div>10:00 - 11:30</div> <div>Strength & Conditioning</div> <div>Gym/Outdoor Exercise Area with Steve</div> <div>10:00 - 10:45</div> <div>Aqua</div> <div>Main Pool with Sarah</div> <div>11:00 - 11:45</div> <div>Whole Body Workout</div> <div>Dance Studio with Sarah</div> <div>11:00 - 11:30</div> <div>Ride FASTER</div> <div>Cycling Studio with Hannah</div> <div>12:00 - 12:45</div> <div>Pilates</div> <div>Dance Studio with Hannah</div> <div>17:30 - 18:15</div> <div>Ride</div> <div>Cycling Studio with Diane</div> <div>18:30 - 19:00</div> <div>Les Mills Core</div> <div>Dance Studio with Diane</div> <div>19:15 - 20:00</div> <div>Yoga</div> <div>Dance Studio with Diane</div>	<div>09:00 - 09:45</div> <div>Legs, Bums & Tums</div> <div>Dance Studio with Andy/Shakey</div> <div>10:00 - 10:45</div> <div>Ride</div> <div>Cycling Studio with Diane</div> <div>10:00 - 10:45</div> <div>Dance Fitness</div> <div>Dance Studio with Sarah</div> <div>11:00 - 11:45</div> <div>Stretch & Chill</div> <div>Dance Studio with Diane</div> <div>11:15 - 12:00</div> <div>Aqua</div> <div>Main Pool with Sam</div> <div>12:00 - 12:45</div> <div>Yoga</div> <div>Dance Studio with Diane</div> <div>18:30 - 19:30</div> <div>Kettlebells</div> <div>Gym/Outdoor Exercise Area with Steve</div> <div>19:30 - 20:00</div> <div>Les Mills Core</div> <div>Dance Studio with Christian</div> <div>20:00 - 20:45</div> <div>Pilates</div> <div>Dance Studio with Christian</div>	<div>09:00 - 09:45</div> <div>Ride</div> <div>Cycling Studio with Steve</div> <div>09:00 - 09:30</div> <div>Core Fusion</div> <div>Dance Studio with Hannah</div> <div>09:30 - 10:15</div> <div>Stretch & Chill</div> <div>Dance Studio with Hannah</div> <div>10:00 - 10:45</div> <div>Aqua</div> <div>Main Pool with Sarah</div> <div>10:00 - 11:30</div> <div>Strength & Conditioning</div> <div>Gym/Outdoor Exercise Area with Steve</div> <div>11:00 - 11:45</div> <div>Pilates</div> <div>Dance Studio with Sarah</div> <div>17:30 - 18:15</div> <div>Ride</div> <div>Cycling Studio with Diane</div> <div>18:30 - 19:15</div> <div>Body Pump</div> <div>Dance Studio with Diane</div> <div>19:30 - 20:15</div> <div>Body Balance</div> <div>Dance Studio with Diane</div>	<div>09:00 - 09:45</div> <div>Ride</div> <div>Cycling Studio with Steve</div> <div>09:00 - 09:45</div> <div>Body Pump</div> <div>Dance Studio with Nikki</div> <div>10:00 - 10:45</div> <div>Whole Body Workout</div> <div>Dance Studio with Sarah</div> <div>10:00 - 10:45</div> <div>Aqua</div> <div>Main Pool with Nikki</div> <div>10:30 - 11:30</div> <div>Kettlebells</div> <div>Gym/Outdoor Exercise Area with Steve</div> <div>11:00 - 11:45</div> <div>Body Balance</div> <div>Dance Studio with Sarah</div>	<div>09:15 - 10:00</div> <div>Ride</div> <div>Cycling Studio with Hannah</div> <div>10:15 - 10:45</div> <div>Core Fusion</div> <div>Dance Studio with Hannah</div> <div>11:00 - 11:45</div> <div>Pilates</div> <div>Dance Studio with Hannah</div>

- Dance Studio
- Main Pool
- Cycling Studio
- Gym/Outdoor Exercise Area