

WINTER 2026 – 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 Body Pump Dance Studio with Diane</div> <div>10:15 -11:00 Body Balance Dance Studio with Diane</div> <div>10:30 - 11:15 Ride Cycling Studio with Gemma</div> <div>11:15 -12:15 Yoga Dance Studio with Diane</div> <div>11:30 -12:15 Aqua Main Pool with Gemma</div> <div>12:30 -13:15 Pilates Dance Studio with Gemma</div> <div>18:15 -19:00 Combat Workout Dance Studio with Lee</div> <div>19:00 -19:45 Body Pump Dance Studio with Lee</div> <div></div>	<div>06:30 - 07:30 Circuits Dance Studio with Steve</div> <div>09:00 - 09:45 Ride Cycling Studio with Gemma</div> <div>10:00 -10:45 Pilates Dance Studio with Gemma</div> <div>10:00 -11:30 Strength & Conditioning Gym/Outdoor Exercise Area with Steve</div> <div>10:00 -10:45 Aqua Main Pool with Sarah</div> <div>11:00 -11:45 Whole Body Workout Dance Studio with Sarah</div> <div>12:00 -12:45 Pilates Dance Studio with Hannah</div> <div>17:30 -18:15 Ride Cycling Studio with Diane</div> <div>18:30 -19:00 Les Mills Core Dance Studio with Diane</div> <div>19:15 -20:00 Yoga Dance Studio with Diane</div>	<div><div>NEW Class</div>07:00 -08:00 Mellion ROX Gym with Andy/Hannah</div> <div>09:00 - 09:45 Legs Bums & Tums Dance Studio with Andy/Nicky</div> <div>10:00 - 10:45 Ride Cycling Studio with Diane</div> <div>10:00 -10:45 Dance Fitness Dance Studio with Sarah</div> <div>11:00 - 11:45 Stretch & Chill Dance Studio with Diane</div> <div>11:15 -12:00 Aqua Main Pool with Sam</div> <div>12:00 -12:45 Yoga Dance Studio with Diane</div> <div>18:30 -19:30 Kettlebells Gym/Outdoor Exercise Area with Steve</div> <div>19:15 -20:00 Les Mills Core Dance Studio with Christian</div> <div>20:00 - 20:45 Pilates Dance Studio with Christian</div>	<div>09:00 - 09:45 Ride Cycling Studio with Steve</div> <div>09:00 - 09:30 Core Fusion Dance Studio with Hannah</div> <div>09:30 -10:15 Stretch & Chill Dance Studio with Hannah</div> <div>10:00 -10:45 Aqua Main Pool with Sarah Davis</div> <div>10:00 -11:30 Strength & Conditioning Gym/Outdoor Exercise Area with Steve</div> <div>11:00 -11:45 Pilates Dance Studio with Sarah</div> <div><div>NEW Class</div>12:00 -12:45 Body Balance Dance Studio with Sarah Miles</div> <div>17:30 -18:15 Ride Cycling Studio with Diane</div> <div>18:30 -19:15 Body Pump Dance Studio with Diane</div> <div>19:30 -20:15 Body Balance Dance Studio with Diane</div> <div></div>	<div>09:00 - 09:45 Ride Cycling Studio with Steve</div> <div>09:00 - 09:45 Body Pump Dance Studio with Nikki</div> <div>10:00 -10:45 Whole Body Workout Dance Studio with Nicky</div> <div>10:00 -10:45 Aqua Main Pool with Sam</div> <div>10:30 -11:30 Kettlebells Gym/Outdoor Exercise Area with Steve</div> <div>11:00 -11:45 Body Balance Dance Studio with Sarah</div> <div></div>	<div>09:15 -10:00 Ride Cycling Studio with Hannah</div> <div>10:15 -10:45 Core Fusion Dance Studio with Hannah</div> <div>11:00 -11:45 Pilates Dance Studio with Hannah</div> <div></div>

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