

AUTUMN 2026 – CLASS TIMETABLE

Class bookings can be made via the ‘MyStMel’ app, up to 7 days in advance from 7:30am each morning.
Please bear in mind, the timetable is subject to change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08.00 -08.45 Mellion Flow Dance Studio with Sarah 09:15 -10:00 Body Pump Dance Studio with Diane 10:15 -11:00 Body Balance Dance Studio with Diane 10:30 - 11:15 Ride Cycling Studio with Gemma 11:15 -12:15 Yoga Dance Studio with Diane 11:30 -12:15 Aqua Main Pool with Gemma 12:30 -13:15 Pilates Dance Studio with Gemma 18:15 -19:00 Combat Workout Dance Studio with Lee 19:00 -19:45 Body Pump Dance Studio with Lee NEW Class 20:00 - 20:45 Ride Cycling Studio with Lee	06:30 - 07:30 Circuits Dance Studio with Steve 07.30 -08.15 Mellion Flow Dance Studio with Hannah 09:00 - 09:45 Ride Live Cycling Studio with Diane 10:00 -10:45 Pilates Dance Studio with Gemma 10:00 -11:30 Strength & Conditioning Gym/Outdoor Exercise Area with Steve 10:00 -10:45 Aqua Main Pool with Sarah 11:00 -11:45 Whole Body Workout Dance Studio with Sarah 12:00 -12:45 Pilates Dance Studio with Hannah 17:30 -18:15 Ride Live Cycling Studio with Diane 18:30 -19:00 Les Mills Core Dance Studio with Diane 18:30 -19:15 Lift Lab Gym with Sam 19:15 -20:00 Yoga Dance Studio with Diane	07:00 -08:00 Mellion ROX Gym with Andy/Hannah 08.00 -08.45 Mellion Flow Dance Studio with Nicki 09:00 - 09:45 Legs Bums & Tums Dance Studio with Nicki 10:00 - 10:45 Ride Live Cycling Studio with Diane 10:00 -10:45 Dance Fitness Dance Studio with Sarah 11:00 - 11:45 Stretch & Chill Dance Studio with Diane 11:15 -12:00 Aqua Main Pool with Sam 12:00 -12:45 Yoga Dance Studio with Diane 18:30 -19:30 Kettlebells Gym/Outdoor Exercise Area with Steve 18:45 -19:15 30-min Mat Dance Studio with Christian 19:15 -20:00 Les Mills Core Dance Studio with Christian 20:00 - 20:45 Pilates Dance Studio with Christian	09:00 - 09:45 Ride Live Cycling Studio with Steve 09:00 - 09:30 Core Fusion Dance Studio with Hannah 09:30 -10:15 Stretch & Chill Dance Studio with Hannah 10:00 -10:45 Aqua Main Pool with Sarah 10:00 -11:30 Strength & Conditioning Gym/Outdoor Exercise Area with Steve 11:00 -11:45 Pilates Dance Studio with Sarah 12:00 -12:45 Body Balance Dance Studio with Sarah 17:30 -18:15 Ride Live Cycling Studio with Diane 18:30 -19:15 Body Pump Dance Studio with Diane 18:30 -19:15 Lift Lab Gym with Sam 19:30 -20:15 Body Balance Dance Studio with Diane	08.00 -08.45 Mellion Flow Dance Studio with Nicki 09:00 - 09:45 Ride Live Cycling Studio with Steve 09:00 - 09:45 Body Pump Dance Studio with Nicki 10:00 -10:45 Whole Body Workout Dance Studio with Nicki 10:00 -10:45 Aqua Main Pool with Sam 10:30 -11:30 Kettlebells Gym/Outdoor Exercise Area with Steve 11:00 -11:45 Body Balance Dance Studio with Sarah 17:30 -18:15 Circuits Dance Studio with Sam NEW Class 19:00 -19:45 Swim Fit Main Pool with Freya	09:15 -10:00 Ride Cycling Studio with Hannah 10:15 -10:45 Core Fusion Dance Studio with Hannah 11:00 -11:45 Pilates Dance Studio with Hannah NEW Class 10:00 -10:45 Circuits Dance Studio with Sam G followed by NEW Class 11:00 -11:30 WOD Dance Studio with Sam G	

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



CLASS DESCRIPTIONS

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



Dance Studio

Body Balance	A range of yoga-based moves paired with an inspiring soundtrack to improve both your body and mind.
Body Pump	The ultimate bar-bell workout to get lean, toned and fit.
Circuits	A vigorous and intense class designed to test your endurance levels and put you through your paces.
Combat Workout	Work your body in this high intensity martial arts inspired class.
Dance Fitness	Move to the rhythm, get fit and have a blast in our fun-filled class!
Legs, Bums & Tums	A full body workout that aims to tone up your thighs, bum and stomach.
Les Mills Core & Fusion	Build endurance, stability and strength in this scientific core workout, challenging but achievable.
Max Out	A class of quick intense workouts for maximum results in a fun, energetic atmosphere.
Mellow Flow	A calming flow of gentle movement, stretching and mobility to help you start your day feeling refreshed and energised.
Pilates	The perfect class for health and vitality, producing long lean muscles and improving posture.
ROX	High intensity functional training that combines strength, endurance and conditioning in a structured workout.
Stretch & Chill	Enhance flexibility, prevent injuries and unwind in our calming class.
Whole Body Workout	A whole body workout with a mix of strength, flexibility and core exercises.
WOD	A challenging workout of the day combining strength, conditioning and functional movements to test your fitness.
Yoga	An energising practice that focuses on strength, flexibility and breath work to boost both physical and mental wellbeing.
30-min Mat	A focused 30-minute mat-based workout designed to strengthen, tone and improve core stability.

Cycling Studio

- Ride** A high intensity spin workout set to burn the calories and improve fitness.
- Ride Live** An immersive live cycling workout powered by MowL, combining motivating music, on-screen coaching and high-intensity intervals to push your fitness.
- Ride Live** An energetic live spin workout combining motivating music, challenging intervals and a great full-body cardio session.

Main Pool

- Aqua** Make a splash with a range of water-based exercises for a fun way to work out.
- Swim Fit** A pool-based workout designed to improve swimming technique, cardiovascular fitness and overall endurance.

Gym

- Kettlebells** A high-intensity endurance class focused on vigorous exercise, combining strength training and fast-paced cardio to push your limits and build overall fitness.
- Lift Lab** A coaching-led session focused on technique, mobility, control, and lifting fundamentals to improve movement quality and build confidence under load.
- Strength & Conditioning** A full body strength approach using the Olympic bars, dumbbells and resistance machines.