

# SUMMER 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.



ST MELLION  
HEALTH CLUB

## MONDAY

**08.00 - 08.45**  
**Sunrise**

Outdoor Exercise Area 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

**19:30 - 20:15**  
**Sunset**

Outdoor Exercise Area with Hannah

## TUESDAY

**06:30 - 07:30**  
**Circuits**

Dance Studio with Steve

**07.30 - 08.15**  
**Sunrise**

Outdoor Exercise Area with Hannah

**09:00 - 09:45**  
**Ride**

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**

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

## WEDNESDAY

**07:00 - 08:00**  
**Mellion ROX**

Gym with Andy/Hannah

**08.00 - 08.45**  
**Sunrise**

Outdoor Exercise Area with Nicki

**09:00 - 09:45**  
**Legs Bums & Tums**

Dance Studio with Nicki

**10:00 - 10:45**  
**Ride**

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**  
**Sunset**

Outdoor Exercise Area with Christian

**19:15 - 20:00**  
**Les Mills Core**

Dance Studio with Christian

**20:00 - 20:45**  
**Pilates**

Dance Studio with Christian

## THURSDAY

**09:00 - 09:45**  
**Ride**

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

**10.30 - 11.15**  
**Sunrise**

Outdoor Exercise Area with Hannah

**11:00 - 11:45**  
**Pilates**

Dance Studio with Sarah

**12:00 - 12:45**  
**Body Balance**

Dance Studio with Sarah

**17:30 - 18:15**  
**Ride**

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

## FRIDAY

**08.00 - 08.45**  
**Sunrise**

Outdoor Exercise Area with Nicki

**09:00 - 09:45**  
**Ride**

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

## SATURDAY

**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

### Sunrise & Sunset

Meet in the Leisure foyer and your instructor will take you to your class destination.

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

# CLASS DESCRIPTIONS

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

## Dance Studio

### Sunset

A relaxing evening session featuring gentle stretching, mindful movement, and calming sunset vibes to help you unwind and reset after the day.

### Sunrise

A calming morning session that combines gentle stretching, mindful movement, and fresh air to help you relax, recharge, and start your day feeling refreshed.

### 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.

### 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.

### Yoga

An energising practice that focuses on strength, flexibility and breath work to boost both physical and mental wellbeing.

## 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.

## Cycling Studio

**Ride** A high intensity spin workout set to burn the calories and improve fitness.

## Main Pool

**Aqua** Make a splash with a range of water-based exercises for a fun way to work out.