

# fitness timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.30am - 3.00pm	6.30am - 3.00pm	6.30am - 3.00pm	6.30am - 3.00pm	6.30am - 3.00pm	6.30am - 3.00pm	6.30am - 3.00pm
06.30 - 7.15 <b>BODY COMBAT</b> Adam Dance Studio	06.30 - 07.15 <b>GROUP CYCLE</b> Sean Cycle Studio	06.30 - 07.15 <b>BOOTCAMP</b> Sean Dance Studio	06.30 - 07.15 <b>BODY PUMP</b> Adam Dance Studio	06.30 - 07.15 <b>GROUP CYCLE</b> Adam Cycle Studio	08.15 - 09.00 <b>GROUP CYCLE</b> Sean Cycle Studio	08.15 - 09.00 <b>GROUP CYCLE</b> Kelly Cycle Studio
	07.15 - 07.45 <b>AB ATTACK</b> Sean Mind & Body	09.15 - 10.00 <b>GROUP CYCLE</b> Lucy Cycle Studio		07.15 - 07.45 <b>AB ATTACK</b> Adam Dance Studio	08.45 - 09.45 <b>YOGALATES</b> Caroline Mind & Body	
09.15 - 10.00 <b>GROUP CYCLE</b> Sean Cycle Studio	09.15 - 10.00 <b>GROUP CYCLE</b> Nicci Cycle Studio	09.30 - 10.15 <b>AQUA</b> Sophie Main Pool	09.15 - 10.00 <b>GROUP CYCLE</b> Sean Cycle Studio	09.15 - 10.00 <b>GROUP CYCLE</b> Nicci Cycle Studio	09.10 - 10.10 <b>BOOT CAMP</b> Sean Dance Studio	09.10 - 10.10 <b>BODY PUMP</b> Kelly Dance Studio
10.05 - 11.00 <b>YOGA FOR ALL</b> Emma Mind & Body	10.00 - 10.45 <b>AQUA</b> Jo Main Pool	10.05 - 10.50 <b>GROUP CYCLE</b> Sean Cycle Studio	10.05 - 11.00 <b>YOGA FOR ALL</b> Emma Mind & Body	09.15 - 10.00 <b>FIGHT CLUB</b> Sean Mind & Body		10.10 - 11.10 <b>BODY COMBAT</b> Kelly Dance Studio
10.05 - 10.50 <b>GROUP CYCLE</b> Sean Cycle Studio	10.05 - 10.50 <b>ZUMBA</b> Silvina Mind & Body			09.30 - 10.15 <b>AQUA</b> Jo Main Pool	10.05 - 10.50 <b>ZUMBA</b> Elle Mind & Body	11.15 - 12.00 <b>ZUMBA</b> Kelly Dance Studio
10.05 - 10.55 <b>AEROTONE</b> Nicci Dance Studio	10.05 - 10.55 <b>HI-LO WORKOUT</b> Nicci Dance Studio	10.05 - 10.55 <b>B.L.T.</b> Lucy Dance Studio	10.05 - 10.55 <b>STEP FOR ALL</b> Mel Dance Studio	10.05 - 10.50 <b>ZUMBA</b> Maria Mind & Body	10.15 - 11.00 <b>BODY PUMP</b> Sean Dance Studio	
10.30 - 11.15 <b>AQUA</b> Jo Main Pool	10.05 - 10.50 <b>GROUP CYCLE</b> Lucy Cycle Studio	11.00 - 11.15 <b>BODY PUMP</b> Lucy Dance Studio	10.05 - 10.50 <b>GROUP CYCLE</b> Sean Cycle Studio	10.05 - 10.55 <b>AEROTONE</b> Nicci Dance Studio	11.05 - 11.50 <b>BOOIAKA</b> Elle Mind & Body	
11.05 - 11.50 <b>BODY PUMP</b> Sean Dance Studio	11.00 - 11.45 <b>LATINO TONE</b> Silvina Mind & Body	11.15 - 12.00 <b>BODY PUMP</b> Lucy Dance Studio	11.05 - 11.55 <b>BODY PUMP</b> Sean Dance Studio	10.15 - 11.00 <b>GROUP CYCLE</b> Sean Cycle Studio		
				10.15 - 11.00 <b>AQUA NATAL</b> Lindsey Main Pool		
11.05 - 11.50 <b>ABS, CORE &amp; MORE</b> Nicci Mind & Body	11.05 - 11.50 <b>ABS, CORE &amp; MORE</b> Nicci Dance Studio	11.00 - 11.45 <b>PILATES FOR ALL</b> Michaela Mind & Body		11.05 - 11.55 <b>ABS, CORE &amp; MORE</b> Nicci Dance Studio	11.10 - 12.00 <b>PILATES FUSION</b> Sean Dance Studio	
12.15 - 13.00 <b>PILATES</b> Michaela Mind & Body		11.45 - 12.30 <b>PILATES FOR ALL</b> Michaela Mind & Body		11.05 - 11.55 <b>PILATES FOR ALL</b> Michaela Mind & Body		
13.00 - 13.45 <b>PILATES FOR ALL</b> Michaela Mind & Body		14.00 - 14.45 <b>AQUACISE</b> Sheila Main Pool		13.00 - 14.00 <b>YOGA FOR ALL</b> Nikki Mind & Body	12.00 - 16.00 <b>PARENT &amp; TEEN</b> Gym Instructor Age 12+ Gym	12.00 - 16.00 <b>PARENT &amp; TEEN</b> Gym Instructor Age 12+ Gym
3.00 - 9.00pm	3.00 - 9.00pm	3.00 - 9.00pm	3.00 - 9.00pm	3.00 - 9.00pm	3.00 - 9.00pm	3.00 - 9.00pm
16.00 - 18.00 <b>GYM TEENS</b> Gym Instructor Age 12+ Gym	16.00 - 18.00 <b>GYM TEENS</b> Gym Instructor Age 12+ Gym	16.00 - 18.00 <b>GYM TEENS</b> Gym Instructor Age 12+ Gym	16.00 - 18.00 <b>GYM TEENS</b> Gym Instructor Age 12+ Gym	15.45 - 16.15 <b>STREET TOTS</b> Maria Dance Studio Age 3 - 4		16.15 - 17.00 <b>STREET DANCE</b> Maria Dance Studio Age 7+
17.30 - 18.15 <b>EASY STEP</b> Lucy Dance Studio	17.15 - 18.00 <b>FIGHT CLUB</b> Sean Mind & Body		16.45 - 17.30 <b>STREET DANCE</b> Maria Dance Studio Age 7 - 10	16.00 - 18.00 <b>GYM TEENS</b> Gym Instructor Age 12+ Gym		17.00 - 18.00 <b>STREET DANCE</b> Maria Dance Studio Age 11+
17.30 - 18.30 <b>YOGA FOR ALL</b> Nikki Mind & Body	17.30 - 18.15 <b>ZUMBA RAPIDO</b> Kelly Dance Studio	17.30 - 18.30 <b>YOGA FOR ALL</b> Nikki Mind & Body	17.15 - 18.00 <b>FIGHT CLUB</b> Sean Mind & Body	16.15 - 17.00 <b>STREET DANCE</b> Maria Dance Studio Age 7 - 10		17.00 - 17.45 <b>AQUA ZUMBA</b> Kelly Main Pool
	18.15 - 19.15 <b>PILATES FOR ALL</b> Sean Mind & Body		18.15 - 19.15 <b>BODY COMBAT</b> Kelly Dance Studio	17.00 - 17.45 <b>STREET DANCE</b> Maria Dance Studio Age 10+		18.00 - 18.45 <b>ZUMBA TONING</b> Kelly Dance Studio
18.00 - 18.45 <b>GROUP CYCLE</b> Corrine Cycle Studio	18.15 - 19.15 <b>BODY PUMP</b> Kelly Dance Studio	18.00 - 18.45 <b>GROUP CYCLE</b> Sean Cycle Studio	18.30 - 19.15 <b>GROUP CYCLE</b> Jan Cycle Studio	17.15 - 18.00 <b>GROUP CYCLE</b> Kelly Cycle Studio		
18.15 - 19.00 <b>BODY JAM</b> Jan Dance Studio	18.15 - 19.00 <b>GROUP CYCLE</b> Jamie Cycle Studio	18.00 - 18.55 <b>STEP FOR ALL</b> Lucy Dance Studio	18.45 - 19.30 <b>YOGA FOR ALL</b> Nikki Mind & Body	17.15 - 18.15 <b>FIGHT CLUB</b> Sean Mind & Body		
18.30 - 19.30 <b>YOGA FOR ALL</b> Nikki Mind & Body	19.00 - 19.45 <b>AQUA STEP</b> Jo Main Pool	18.30 - 19.15 <b>AQUA</b> Sophie Main Pool		18.05 - 19.05 <b>ZUMBA RAPIDO</b> Kelly Dance Studio		
	19.15 - 20.00 <b>GROUP CYCLE</b> Jamie Cycle Studio	18.30 - 19.15 <b>DEEP AQUA</b> Emma Main Pool	19.30 - 20.15 <b>VINYASA YOGA</b> Nikki Mind & Body Advanced Class	18.15 - 19.15 <b>FIGHT CLUB</b> Sean Mind & Body		
18.45 - 19.30 <b>GROUP CYCLE</b> Jamie Cycle Studio	19.15 - 20.15 <b>PILATES FOR ALL</b> Sean Mind & Body	18.30 - 19.30 <b>YOGA FOR ALL</b> Nikki Mind & Body	19.15 - 20.15 <b>B.L.T.</b> Kelly Dance Studio	19.15 - 20.15 <b>BODY PUMP</b> Sean Dance Studio		
19.00 - 19.45 <b>BODY PUMP</b> Corrine Dance Studio	19.15 - 20.15 <b>STEP FOR ALL</b> Kelly Dance Studio	19.00 - 20.00 <b>BODY COMBAT</b> Sean Dance Studio	20.15 - 21.15 <b>BODY JAM</b> Jan Mind & Body			
19.45 - 20.45 <b>TAI CHI</b> Sue Cycle Studio	19.45 - 20.30 <b>AQUA</b> Jo Main Pool	19.00 - 19.45 <b>GROUP CYCLE</b> Corrine Cycle Studio	20.15 - 21.00 <b>ZUMBA</b> Kelly Dance Studio BEGINNERS CLASS			
19.45 - 20.30 <b>BOX FIT</b> Jamie Mind & Body	20.15 - 21.00 <b>ABS, CORE &amp; MORE</b> Kelly Dance Studio	19.45 - 20.30 <b>PILATES</b> Sophie Mind & Body				
20.00 - 21.00 <b>B.L.T.</b> Lissa Dance Studio	20.30 - 21.15 <b>BOX FIT</b> Jamie Mind & Body	20.00 - 20.45 <b>BODY PUMP</b> Sean Dance Studio				

- Energetic Workouts To Burn Calories & Raise Heart Rate
- Muscular Strength & Endurance
- Strength, Core stability, Flexibility, Relax & Energise
- Combination of Energetic Workout & Muscular Strength & Endurance
- Dance or Martial Arts
- Aqua Aerobics
- Teen Training Times
- Gentle Workouts

Booking is strongly advised for the fitness studios. Not only will this ensure your place in the class, but if in any circumstances a class is cancelled we will be able to inform you at the earliest opportunity.

Fitness classes may be cancelled due to lack of attendance (minimum 4 persons) or if we are unable to get an instructor.

You must give 24 hours notice if you wish to cancel, or are unable to attend your class. A charge of £2.50 will be incurred for any late cancellations.

Any booking that is not cancelled will incur a charge of £5.00 for a Fitness Class and £5.50 for a Mind and Body Class.

Participants will not be allowed in the fitness studios once the warm up has commenced. Please ensure you have read the full studio guidelines which are located in each studio.