

Fitness Class Timetable Commencing Tuesday 18th July 2022

Monday – Fitness Classes

Time	Session
07:20 – 07:50	Functional HIIT
09:15 – 10:00	Studio Cycling
10:15 – 10:45	HIIT Step
13:30 – 14:30	Hatha Yoga
17:15 – 18:00	Studio Cycling
17:45 – 18:30	Kettlebells
19:00 – 20:00	Clubbercise

Tuesday – Fitness Classes

Time	Session
13:30 – 14:30	Pilates
17:30 – 18:15	Pilates
17:30 – 18:15	Studio Cycling
18:20 – 19:05	Pilates

Wednesday Fitness Classes

Time	Session
07:20 – 07:50	Functional HIIT
08:15 – 09:00	Studio Cycling
10:00 – 11:00	Hath Yoga
17:30 – 18:15	Studio Cycling
18:15 – 19:00	Kettlebells

Thursday Fitness Classes

Time	Session
13:30 – 14:30	Pilates
17:00 – 18:00	Hatha Yoga
18:05 – 19:05	Legs, Bums & Tums
18:30 – 19:15	Studio Cycling
19:10 – 20:10	Clubbercise

Friday – Fitness Classes

Time	Session
08:00 – 09:00	Yoga
09:30 – 10:15	Studio Cycling
11:00 – 11:45	Active Balance

Saturday – Fitness Classes

Time	Session
09:00 – 10:00	Clubbercise
09:45 – 10:30	Studio Cycling
10:00 – 11:00	Power Yoga

Fitness Class Timetable
Commencing Tuesday 18th July 2022

Saturday – Fitness Classes	
Time	Session
09:00 – 10:00	Clubbercise
09:45 – 10:30	Studio Cycling
10:00 – 11:00	Power Yoga

Saturday – Fitness Classes	
Time	Session
10:00 – 11:00	Aerobics