

Monday Fitness Classes	
Time	Session
09:15 – 10:00	Studio Cycling
10:05 – 10:50	Legs Bums Tums
11:30 – 12:30	Pilates
13:45 – 14:45	Yoga Hatha
17:15 – 18:00	Studio Cycling
17:45 – 18:30	Kettlebells
18:35 – 19:20	Active Strength

Tuesday Fitness Classes	
Time	Session
10:00 – 11:00	Pilates
17:30 – 18:15	Pilates
17:30 – 18:15	Studio Cycling
18:20 – 19:05	Pilates

Wednesday Fitness Classes	
Time	Session
07:45 – 08:30	Studio Cycling
10:00 – 11:00	Yoga Hatha
17:30 – 18:15	Studio Cycling
17:45 – 18:30	Kettlebells
18:40 – 19:10	Active Core

Thursday Fitness Classes	
Time	Session
10:00 – 11:00	Power Yoga
17:00 – 18:00	Yoga Hatha
18:30 – 19:15	Studio Cycling
18:55 – 19:55	Clubbercise

Friday Fitness Classes	
Time	Session
09:00 – 09:45	Studio Cycling
11:00 – 11:45	Active Balance

Saturday Fitness Classes	
Time	Session
09:00 – 10:00	Clubbercise
10:15 – 11:15	Power Yoga

Fitness Class Timetable
Commencing January 2026

Sunday Fitness Classes	
Time	Session
09:00 – 09:45	Studio Cycling
10:00 – 11:00	Aerobics