

CLASS TIMETABLE

Monday

Spin with Nat: 6:30am - 7:15am
Full Body Circuit: 9am - 9:45am
Circuits with John: 5pm - 5:45pm
Vinyasa Yoga: 6pm - 6:45pm

Tuesday

Strongman Bootcamp: 7am - 7:45am
Spin with Kirsty: 9:30am - 10:15am
Block Fit with Kirsty: 10:30am - 11:15am
Spin with Rachael: 4pm - 4:45pm
Body Conditioning: 5pm - 5:45pm
Step & Pump: 6pm - 6:45pm
Spin with Duncan: 6:30pm - 7:15pm
HIIT with John: 7pm - 7:45pm
Boxercise with Rachael: 8pm - 8:45pm

Wednesday

Spin with Nat: 6:30am - 7:15am
Spin with Rachael: 8am - 8:45am
HITT with John: 9:30am - 10:15am
Spin with Rachael: 10:30am - 11:15am
Strong Nation: 6pm - 6:45pm
Zumba: 7pm - 7:45pm

Thursday

Spin with Duncan: 6:30am - 7:15am
Step & Pump: 9:30am - 10:15am
Dance Fit: 10:30am - 11:15am
Step & Pump: 6pm - 6:45pm
Yin Yoga: 7pm - 7:45pm

Friday

Spin with Kirsty: 9:15am - 10:00am
LBT with John: 9:30am - 10:15am
Strongman Bootcamp: 9:30am - 10:15am
Ab Blast with John: 10:30am - 11:15am
Strongman Bootcamp: 3:00pm - 3:45pm

Saturday

Zumba: 8am - 8:45am
Step & Pump: 9:15am - 10:00am

**Contact us today for additional
information: 0114 322 3969**