

# CLASS TIMETABLE

FROM APRIL 2023

WITH OVER 50 CLASSES A WEEK  
THERE'S SOMETHING FOR EVERYONE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
0930-1025 Tums & Bums Sam	0645-0730 Indoor Cycling Paul	0645-0730 Indoor Cycling Laverne	0645-0730 Indoor Cycling Paul	0645-0730 Indoor Cycling Lauren	0830-0915 Indoor Cycling Lauren	1000-1055 Les Mills BODYCOMBAT Trudie
1030-1115 Indoor Cycling Kate	0930-1025 Yoga John	0930-1025 Les Mills BODYCOMBAT Trudie/Laverne	0915-1000 Sweat & Sculpt Lauren	0930-1025 Les Mills BODYCOMBAT Trudie	0930-1025 Zumba Trudie	1100-1200 Les Mills BODYPUMP Trudie
1030-1125 Pilates Trudie	0930-1015 Indoor Cycling Laverne	1030-1125 Stretch & Core Trudie	1000-1045 Indoor Cycling Katie	1030-1125 Les Mills BODYPUMP Trudie	1030-1115 Indoor Cycling Paul	
1130-1215 Carnival Fun Fitness Finola	1030-1115 Sweat & Sculpt Katie	1145-1230 Fit 4 Fun Laverne	1100-1145 Les Mills BODYPUMP Katie	1145-1240 Pilates Trudie	1030-1115 Kids Fitness (9-15yrs) Lauren/Katie	
1130-1215 Aqua Nikki	1030-1125 Zumba Laverne		1200-1255 Pilates Aasha			
1230-1315 Aqua Nikki	1130-1215 Pilates Juame		1115-1200 Aqua Alanna			
	1220-1305 Fitness Pilates Juame		1215-1300 Aqua Alanna			
↑ OFF PEAK CLASSES						
1815-1910 Les Mills BODYCOMBAT Laverne	1730-1810 Kettlebells Lauren	1730-1815 Les Mills BODYCOMBAT Trudie	1800-1845 Indoor Cycling Alanna	1810-1910 Les Mills BODYPUMP Laverne/Nick		
1830-1915 Indoor Cycling Lauren	1815-1900 Indoor Cycling Paul	1800-1845 Indoor Cycling Lauren/Katie	1815-1900 HIIT Lauren/Katie			
1915-2015 Les Mills BODYPUMP Laverne	1815-1900 Met. Con Lauren	1815-1915 Les Mills BODYPUMP Trudie	1900-1945 Aqua Nikki			
2025-2125 Fitness Pilates Alanna	1900-1945 Tums & Bums Lauren/Sam		1920-2015 Zumba Nina			
	1900-1945 Aqua Nikki					
	2000-2055 Yoga John					

**KEY**

- Active (upstairs Fitness studio)
- Active (Main Gym)
- Calming/body conditioning (upstairs Fitness studio)
- Swimming pool
- Indoor Cycling (ground floor Indoor Cycling studio)
- Juniors

WHY NOT TRY SOMETHING NEW?

BOOK UP TO 7 DAYS IN ADVANCE ON THE MEMBR APP  
NON-MEMBERS WELCOME \* £5 PER CLASS \* BOOK ON THE DAY OF THE CLASS