

## CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>RPM (LM)</b> 9.15am - 10.00am	<b>Body Combat (LM)</b> 9.15am - 10.15am	<b>Sprint (LM)</b> 7.00am - 7.30am	<b>Grit Athletic (LM)</b> 7.00am - 7.30am	<b>Keiser</b> 7.00am - 7.30am	<b>Grit Cardio (LM)</b> 8.00am - 8.30am	<b>Zumba</b> 9.00am - 10.00am
<b>GRIT Strength (LM)</b> 9.30am - 10.00am	<b>Keiser</b> 9.15am - 10.00am	<b>RPM (LM)</b> 9.15am - 10.00am	<b>Aqua*</b> 9.00am - 9.45am	<b>HIIT Cardio</b> 9.15am - 9.45am	<b>GRIT Strength (LM)</b> 8.30am - 9.00am	<b>RPM (LM)</b> 9.15am - 10.00am
<b>Aquafit*</b> 9.45am - 10.30am	<b>Stretch</b> 9.15am - 10.00am	<b>Body Pump (LM)</b> 10.00am - 11.00am	<b>Advanced Yoga</b> 9.00am - 10.15am	<b>Boxfit</b> 9.50am - 10.40am	<b>Keiser</b> 9.30am - 10.15am	<b>Body Pump (LM)</b> 10.15am - 11.15am
<b>Sh'bam*</b> 10.00am - 10.45am	<b>Pilates</b> 10.15am - 11.00am	<b>Sh'bam** (LM)</b> 10.15am - 11.00am	<b>Body Combat (LM)</b> 9.15am - 10.15am	<b>Sh'bam (LM)</b> 9.45am - 10.30am	<b>Body Attack (LM)</b> 9.15am - 10.15am	<b>Body Balance (LM)</b> 11.30am - 12.30pm
<b>Body Pump (LM)</b> 10.15am - 11.15am	<b>Abs Blast</b> 10.15am - 10.45am	<b>Pilates</b> 11.15am - 12.15pm	<b>SPRINT (LM)</b> 9.30am - 10.00am	<b>Keiser</b> 9.50am - 10.35am	<b>Body Balance (LM)</b> 9.30am - 10.30am	
<b>Advanced Yoga</b> 11.00am - 12.15pm	<b>Pilates</b> 11.00am - 11.45am	<b>Tap Dance</b> 12.30pm - 1.15pm	<b>Sh'bam (LM)</b> 10.30am - 11.15am	<b>Body Pump (LM)</b> 10.45am - 11.45am	<b>Body Combat (LM)</b> 10.15am - 11.15am	
<b>Senior Circuits*</b> 12.15pm - 1.00pm	<b>Aquafit*</b> 11.15am - 12.00pm	<b>GRIT Strength (LM)</b> 1.00pm - 1.30pm	<b>GRIT Strength (LM)</b> 10.30am - 11.00am	<b>Body Balance (LM)</b> 11.00am - 12.00pm	<b>Yoga</b> 10.30am - 11.45am	
<b>Yoga (level 1)</b> 12.15pm - 1.15pm	<b>Senior Circuits*</b> 12.15pm - 1.00pm	<b>Yoga</b> 2.15pm - 3.15pm	<b>Yin Yoga</b> 11.15am - 12.15pm	<b>Stretch 'n' Tone</b> 12.00pm - 12.45pm	<b>Body Pump (LM)</b> 11.15am - 12.15pm	
<b>Zumba Gold</b> 1.30pm - 2.30pm	<b>Zumba Gold</b> 1.00pm - 2.00pm	<b>Keiser</b> 5.45pm - 6.15pm	<b>Senior Circuits*</b> 12.15pm - 1.00pm	<b>Senior Circuits*</b> 12.15pm - 12.55pm		
<b>Tai Chi</b> 3.30pm - 4.15pm	<b>Yin Yoga**</b> 2.15pm - 3.15pm	<b>Pilates</b> 6.00pm - 7.00pm	<b>Pilates</b> 1.00pm - 2.00pm	<b>Tai Chi</b> 1.00pm - 1.45pm		
<b>LBT</b> 6.00pm - 6.45pm	<b>Body Pump (LM)</b> 6.00pm - 7.00pm	<b>Body Combat (LM)</b> 6.15pm - 7.15pm	<b>Grit Cardio (LM)</b> 5.30pm - 6.00pm	<b>GRIT Athletic (LM)</b> 5.30pm - 6.00pm		
<b>Aquafit*</b> 6.00pm - 6.45pm	<b>RPM (LM)</b> 6.15pm - 7.00pm	<b>RPM (LM)</b> 6.30pm - 7.15pm	<b>LBT</b> 6.00pm - 6.45pm	<b>Body Pump (LM)</b> 6.10pm - 7.10pm		
<b>Body Jam (LM)</b> 6.00pm - 7.00pm	<b>Boxfit*</b> 6.30pm - 7.30pm	<b>Ashtanga Yoga</b> 7.00pm - 8.15pm	<b>Body Jam (LM)</b> 6.00pm - 7.00pm	<b>Sprint (LM)</b> 6.15pm - 6.45pm		
<b>Keiser</b> 6.15pm - 7.00pm	<b>Old Skool Body Combat (LM)</b> 7.10pm - 7.55pm	<b>Body Pump (LM)</b> 7.15pm - 8.15pm	<b>Keiser</b> 6.15pm - 7.00pm			
<b>Body Pump (LM)</b> 6.45pm - 7.45pm			<b>Circuits*</b> 6.15pm - 7.00pm			
<b>Body Balance (LM)</b> 7.00pm - 8.00pm	<b>Body Balance (LM)</b> 7.00pm - 8.00pm		<b>Body Pump (LM)</b> 6.45pm - 7.45pm			
<b>Body Combat* (LM)</b> 7.05pm - 7.50pm	<b>SPRINT (LM)</b> 7.30pm - 8.15pm		<b>Sh'bam (LM)</b> 7.00pm - 7.45pm			
<b>Ashtanga Yoga</b> 8.00pm - 9.15pm	<b>GRIT Strength (LM)</b> 9.00pm - 9.30pm		<b>Boot Camp*</b> 7.00pm - 8.00pm			
			<b>RPM (LM)</b> 7.15pm - 8.00pm			

### KEY

HIIT STUDIO

HOLISTIC STUDIO

CYCLING STUDIO

SWIMMING POOL

SPORTS HALL

OUTDOORS

(LM)  
Les Mills

\*  
No Booking

\*\*  
Starts 29th April

## VIRTUAL STUDIO CYCLING RPM CLASSES

MONDAY	WEDNESDAY	FRIDAY
7.00am - 7.30am	8.00am - 8.45am	8.00am - 8.45am
8.00am - 8.45am	10.15am - 10.45am	9.00am - 9.28am
10.15am - 10.45am	11.00am - 11.45am	11.00am - 11.47am
11.00am - 11.50am	12.30pm - 1.00pm	12.30pm - 1.00pm
12.15pm - 12.45pm	1.30pm - 2.00pm	1.30pm - 2.00pm
1.00pm - 1.30pm	2.30pm - 3.00pm	2.15pm - 2.45pm
2.00pm - 2.45pm	3.30pm - 4.15pm	3.00pm - 3.47pm
3.15pm - 3.45pm	5.00pm - 5.30pm	4.30pm - 5.00pm
4.00pm - 4.30pm	7.30pm - 8.15pm	5.15pm - 5.45pm
5.00pm - 5.45pm	8.30pm - 9.00pm	7.30pm - 8.16pm
7.15pm - 8.05pm	9.00pm - 9.30pm	8.30pm - 9.00pm
8.15pm - 8.45pm		9.00pm - 9.30pm
9.00pm - 9.30pm	<b>THURSDAY</b>	
	7.00am - 7.30am	<b>SATURDAY</b>
<b>TUESDAY</b>	8.00am - 8.45am	8.15am - 8.45am
7.00am - 7.30am	9.15am - 10.00am	10.30am - 11.00pm
8.00am - 8.45am	10.15am - 10.45am	11.30am - 12.16pm
10.15am - 10.45am	11.00am - 11.45am	12.45am - 1.15pm
11.00am - 11.45am	12.15pm - 1.05pm	1.30pm - 2.00pm
12.15pm - 12.45pm	1.30pm - 2.00pm	2.15pm - 3.02pm
1.00pm - 1.30pm	2.30pm - 3.15pm	3.15pm - 3.45pm
2.00pm - 2.30pm	4.00pm - 4.30pm	4.00pm - 4.47pm
3.00pm - 3.30pm	5.00pm - 5.30pm	5.00pm - 5.47pm
4.00pm - 4.30pm	8.15pm - 8.45pm	6.00pm - 6.28pm
5.00pm - 5.30pm	9.00pm - 9.30pm	7.00pm - 7.30pm
8.30pm - 9.00pm		<b>SUNDAY</b>
9.00pm - 9.30pm		8.15am - 8.45am
		10.30am - 11.00pm
		11.30am - 12.00pm
		12.15pm - 12.45pm
		1.00pm - 1.45pm
		2.15pm - 2.45pm
		4.00pm - 4.30pm
		4.45pm - 5.15pm
		5.45pm - 6.30pm
		6.45pm - 7.15pm
		7.45pm - 8.30pm

### For cancellations ONLY text

07795 665 465\*

\* Please not this number is for cancellations ONLY and by text ONLY (no reply). Please try to cancel at least 24 hours before your class.

All classes are for people aged 16+

...for our classes so if you are unable to make the class then you need to cancel at least 24 hours before in order that someone else will have the opportunity to take your place. Failure to cancel may result in not being able to book any future classes for at least 7 days.

All classes are subject to regular review and timetables may change at any time to meet customer demand. Bookings for members are 7 days in advance, whilst bookings for non members are 48 hours in advance. Please arrive 5 minutes before the class starts and advise the instructor if you have any injuries or health conditions they need to be aware of. For health and safety reasons please do not enter the studio if a class has already started. We have a very high demand...