

# Fitness Classes

## Summer 2025



TIME	CLASS NAME	COST	LOCATION
Monday			
9am ~ 9.45am	Aqua Fit	£4.00	Main Pool
6pm ~ 6.45pm	Studio Cycling	£4.00	Spin Studio
6.15pm ~ 7pm	Yoga	£4.00	Multi Functional Room
7pm ~ 7.45pm	Bars & Bells	£4.00	Main Hall
8pm ~ 8.45pm	Breathwork	£4.00	Multi Functional Room
Tuesday			
9.15am ~ 10am	Pilates	£4.00	Multi Functional Room
10.30am ~ 11.15am	Fit 50+ Club S&C	£2.00	Main Hall
11.30am ~ 12.15pm	Yoga	£4.00	Multi Functional Room
12.45pm ~ 1.30pm	Yoga	£4.00	Multi Functional Room
6pm ~ 6.45pm	Circuits	£4.00	Main Hall
7pm ~ 7.45pm	Studio Cycling	£4.00	Spin Studio
7pm ~ 7.45pm	Dance Fitness	£4.00	Main Hall
7.30pm ~ 8.15pm	Pilates Fusion	£4.00	Multi Functional Room
8pm ~ 8.45pm	Aqua Fit	£4.00	Main Pool
8.30pm ~ 9.15pm	Pilates Fusion	£4.00	Multi Functional Room
Wednesday			
6.30am ~ 7.15am	Yoga	£4.00	Multi Functional Room
6.30am ~ 7.15am	Studio Cycling	£4.00	Spin Studio
7.30am ~ 8.15am	Pilates	£4.00	Multi Functional Room
9am ~ 9.45am	Aqua Fit	£4.00	Main Pool
10.30am ~ 11.15am	Yoga	£4.00	Multi Functional Room
12pm ~ 12.45pm	Mind Matters	£4.00	Multi Functional Room
6pm ~ 6.45pm	Studio Cycling	£4.00	Spin Studio
6pm ~ 6.45pm	Step it up - Tabata style	£4.00	Main Hall
7pm ~ 7.45pm	Core Conditioning	£4.00	Main Hall
8pm ~ 8.45pm	Flow	£4.00	Multi Functional Room
8pm ~ 8.45pm	Aqua Fit	£4.00	Main Pool
Thursday			
9.15am ~ 10am	Yoga	£4.00	Multi Functional Room
10.15am ~ 11am	Pilates	£4.00	Multi Functional Room
10.30am ~ 11.15am	Fit 50+ Club	£2.00	Main Hall
11.30am ~ 12.15pm	Restorative Yoga	£4.00	Multi Functional Room
6pm ~ 6.45pm	Circuits	£4.00	Main Hall
7pm ~ 7.45pm	Studio Cycling	£4.00	Spin Studio
8pm ~ 8.45pm	Aqua Fit	£4.00	Main Pool
Friday			
6.30am ~ 7.15am	Pilates	£4.00	Multi Functional Room
9am ~ 9.45am	Aqua Fit	£4.00	Main Pool
10.30am ~ 11.15am	Restorative Yoga	£4.00	Multi Functional Room
11am ~ 11.45am	Strength & Conditioning	£4.00	Main Hall
12pm ~ 12.45pm	Yin Yoga	£4.00	Multi Functional Room
Saturday			
9am ~ 9.45am	Circuits	£4.00	Main Hall
9.15am ~ 10am	Pilates	£4.00	Multi Functional Room
10am ~ 10.45am	Studio Cycling	£4.00	Spin Studio
10.15am ~ 11am	Pilates	£4.00	Multi Functional Room
Sunday			
12.15pm ~ 1pm	Pilates Fusion	£4.00	Multi Functional Room
12.30pm ~ 1.15pm	Studio Cycling	£4.00	Spin Studio
1.15pm ~ 2pm	Pilates Fusion	£4.00	Multi Functional Room