

Fitness Classes

Autumn 2026

Time	Class Name	Cost
Monday		
6.45am ~ 7.30am	Circuits	£4
10am ~ 10.45am	Total Body Workout	£4
12noon ~ 12.45pm	Move Well	£4
12.45pm ~ 1.30pm	Flow	£4
6pm ~ 6.45pm	Pilates	£4
7pm ~ 7.45pm	Studio Cycling	£4
7.30pm ~ 8.15pm	Yoga	£4
8pm ~ 8.45pm	Legs, Bums & Tums	£4
Tuesday		
6.45am ~ 7.30am	Circuits	£4
10am ~ 10.45am	Pilates	£4
10am ~ 10.45am	Aerobics	£4
5pm ~ 5.45pm	Circuits	£4
6pm ~ 6.45pm	Circuits	£4
6pm ~ 6.45pm	Yoga	£4
6.30pm ~ 7.30pm	Climbing for Beginners	£5
7pm ~ 7.45pm	Studio Cycling	£4
Wednesday		
6.45am ~ 7.30am	Circuits	£4
7am ~ 7.45am	Pilates	£4
10am ~ 10.45am	Body Tone	£4
6pm ~ 6.45pm	Studio Cycling	£4
7pm ~ 7.45pm	Body Tone	£4
8pm ~ 8.45pm	Pilates	£4
Thursday		
9.30am ~ 10.15am	Yoga	£4
10.30am ~ 11.15am	Breathwork	£4
6pm ~ 6.45pm	Circuits	£4
6.30pm ~ 7.15pm	Pilates	£4
6.30pm ~ 7.30pm	Climbing Wall Taster Class ~ Kids *	£5
7pm ~ 7.45pm	AquaFit	£4
7.30pm ~ 8.30pm	Yoga	£5
Friday		
6.45am ~ 7.30am	Circuits	£4
10am ~ 10.45am	Body Tone	£4
12.45pm ~ 1.30pm	Yoga	£4
1pm ~ 2pm	Climbing for Beginners	£5
6pm ~ 7pm	Yoga	£5
Saturday		
9.15am ~ 10.15am	Yoga	£5
9.15am ~ 10am	Core Conditioning	£4
10.30am ~ 11.30am	NICAS Kids' Class	£4.50
11.30am ~ 12.30pm	NICAS Kids' Class	£4.50
12.30pm ~ 1.30pm	Climbing for Beginners	£5
3pm ~ 3.45pm	Chair-based Aerobics	£4
4.30pm ~ 5.30pm	Climbing Wall Taster Class ~ Kids *	£5
Sunday		
9.15am ~ 10am	Indoor Cycling	£4
10.15am ~ 11.15am	Yoga	£5
11.15am ~ 12.15pm	Yoga	£5