

Fitness Classes

Spring 2026

Effective from Mon 13th April 2026



TIME	CLASS NAME	COST	LOCATION
Monday			
6.30am - 7.15am	Yoga	£4.00	Multi Function Room
9.15am - 10am	Aqua Fit	£4.00	Main Pool
10.30am - 11.15am	Yoga	£4.00	Multi Function Room
12pm - 12.45pm	Breathwork	£4.00	Multi Function Room
6pm - 6.45pm	Studio Cycling	£4.00	Indoor Cycle Studio
6pm - 6.45pm	Yin-Yoga	£4.00	Multi Function Room
7pm - 7.45pm	Bars & Bells	£4.00	Main Hall
8pm - 8.45pm	Aqua Fit	£4.00	Main Pool
Tuesday			
9.15am - 10am	Aqua Fit	£4.00	Main Pool
9.15am - 10am	Pilates	£4.00	Multi Function Room
10.30am - 11.15am	Fit 50+	£2.00	Main Hall
12.45pm - 1.30pm	Yin Yoga	£4.00	Multi Function Room
6pm - 6.45pm	Circuits	£4.00	Main Hall
6.15pm - 7pm	Yoga	£4.00	Multi Function Room
7pm - 7.45pm	Studio Cycling	£4.00	Indoor Cycle Studio
7pm - 7.45pm	Dance Fitness	£4.00	Main Hall
Wednesday			
6.30am - 7.15am	Yoga	£4.00	Multi Function Room
6.30am - 7.15am	Studio Cycling	£4.00	Indoor Cycle Studio
7.30am - 8.15am	Pilates	£4.00	Multi Function Room
9.15am - 10am	Aqua Fit	£4.00	Main Pool
10.30am - 11.15am	Yoga	£4.00	Multi Function Room
12pm - 12.45pm	Flow	£4.00	Multi Function Room
6pm - 6.45pm	Studio Cycling	£4.00	Indoor Cycle Studio
6pm - 6.45pm	Core Conditioning	£4.00	Main Hall
6.30pm - 7.15pm	Restorative Yoga	£4.00	Multi Function Room
7pm - 7.45pm	Core Conditioning	£4.00	Main Hall
8pm - 8.45pm	Aqua Fit	£4.00	Main Pool
Thursday			
9.15am - 10am	Aqua Fit	£4.00	Main Pool
9.15am - 10am	Yoga	£4.00	Multi Function Room
10.15am - 11am	Pilates	£4.00	Multi Function Room
10.30am - 11.15am	Fit 50+	£2.00	Main Hall
11.30am - 12.15pm	Restorative Yoga	£4.00	Multi Function Room
12.30pm - 1.15pm	Studio Cycling	£4.00	Indoor Cycle Studio
6pm - 6.45pm	Studio Cycling	£4.00	Indoor Cycle Studio
7pm - 7.45pm	Circuits	£4.00	Main Hall
Friday			
6.30am - 7.15am	Pilates	£4.00	Multi Function Room
7.30am - 8.15am	Pilates Strength	£4.00	Multi Function Room
9.15am - 10am	Aqua Fit	£4.00	Main Pool
10am - 10.45pm	Mindful Moments	£4.00	Multi Function Room
7pm - 7.45pm	Studio Cycling	£4.00	Indoor Cycle Studio
8pm - 8.45pm	Aqua Fit	£4.00	Main Pool
Saturday			
9am - 9.45am	Circuits	£4.00	Main Hall
9.15am - 10am	Pilates	£4.00	Multi Function Room
10am - 10.45am	Studio Cycling	£4.00	Indoor Cycle Studio
10.15am - 11.00am	Pilates	£4.00	Multi Function Room
11am - 11.45am	Studio Cycling	£4.00	Indoor Cycle Studio
Sunday			
12.30pm - 1.15pm	Studio Cycling	£4.00	Indoor Cycle Studio