

Fitness Classes

Spring 2026



Time	Class Name	Cost	Room
Monday			
10am	Yoga	£4.00	Activity Room
10am	Circuits	£4.00	Studio
6pm	Circuits	£4.00	Studio
8pm	Badminton	£4.00	Main Hall
Tuesday			
10am	Boxercise	£4.00	Studio
6pm	Studio Cycling	£4.00	Studio
6pm	Pilates	£4.00	Activity Room
7pm	Upper Body Workout	£4.00	Studio
Wednesday			
10am	Circuits	£4.00	Studio
10am	Pilates	£4.00	Activity Room
6pm	Kids' Disco Dance	£4.00	Activity Room
6pm	Legs & Glutes	£4.00	Studio
8pm	Badminton	£4.00	Main Hall
Thursday			
10am	Circuits	£4.00	Studio
MIXED 11.15am	Low Impact Circuits	£4.00	Studio
4pm	Teen Gym (12-15 years)	£2.00	Gym
6pm	Studio Cycling	£4.00	Studio
7pm	Yoga	£4.00	Activity Room
Friday			
10am	Legs & Glutes	£4.00	Studio
10am	Yoga	£4.00	Activity Room
12.30pm	Mind Matters	£4.00	Studio
Saturday			
10am	Full Body Workout	£4.00	Studio
Sunday			
3pm	Teen Gym (12-15 years)	£2.00	Gym