

Fitness Classes

Summer 2025



TIME	CLASS NAME	COST	LOCATION
Monday			
6pm ~ 6.45pm	Studio Cycling	£4	Activity Room
7pm ~ 7.45pm	Kettlecore	£4	Studio
7pm ~ 7.45pm	Box-FIT	£4	Main Hall
Tuesday			
6pm ~ 6.45pm	BodySHOCK	£4	Main Hall
6pm ~ 6.45pm	Pilates	£4	Main Hall
7pm ~ 7.45pm	mFIT	£4	Studio
7pm ~ 7.45pm	Yoga/Pilates Fusion	£4	Studio
Wednesday			
11am ~ 11.45am	Yoga	£4	Studio
12noon ~ 12.45pm	Pilates	£4	Studio
6pm ~ 6.30pm	HIIT 30	£4	Main Hall
7pm ~ 7.45pm	ABsolution	£4	Studio
7.15pm ~ 8.15pm	Junior Karate	£3	Main Hall
8.15pm ~ 9.45pm	Senior Karate	£4	Main Hall
Thursday			
6pm ~ 6.45pm	Bars & Bells	£4	Main Hall
6pm ~ 6.45pm	Restorative Yoga	£4	Studio
6.30pm ~ 7.15pm	Studio Cycling	£4	Activity Room
Saturday			
10am ~ 10.45am	Studio Cycling	£4	Activity Hall

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