

Fitness Class

Autumn Programme 2025 (Sep -Dec)

Class Name	Time	Price	Location
M o n d a y			
Yoga	10am	£4.00	Activity Room
Circuits	10am	£4.00	Studio
Circuits	6pm	£4.00	Studio
Menopause Movers	7pm	£4.00	Studio
Badminton	8pm	£4.00	Main Hall
T u e s d a y			
Boxercise	10am	£4.00	Studio
Breathworks	12.15pm	£4.00	Studio
Teen Gym (12 – 15 yrs)	4pm	£2.00	Gym
Studio Cycling	6pm	£4.00	Studio
Pilates	6pm	£4.00	Activity Room
Upper Body Workout	7pm	£4.00	Studio
W e d n e s d a y			
Circuits	10am	£4.00	Studio
Pilates	10am	£4.00	Activity Room
Yoga	12.30pm	£4.00	Activity Room
Kids Disco Dance	6pm	£4.00	Activity Room
Legs & Glutes	6pm	£4.00	Studio
Badminton	8pm	£4.00	Main Hall
T h u r s d a y			
Circuits	10am	£4.00	Studio
Ageing Well	11.15am	£4.00	Studio
Teen Gym (12 – 15 yrs)	4pm	£2.00	Gym
Studio Cycling	6pm	£4.00	Studio
Yoga	7pm	£4.00	Activity Room
F r i d a y			
Legs & Glutes	10am	£4.00	Studio
Yoga	10am	£4.00	Activity Room
Mind Matters	12.30pm	£4.00	Studio
S a t u r d a y			
Full Body Workout	10am	£4.00	Studio
Yoga	10 – 11.30am	£5.00	Activity Room
S u n d a y			
Teen Gym (12 – 15 yrs)	3pm	£2.00	Gym

**PROGRAMME
COMMENCES
MONDAY
01/09/2025**