

Fitness Classes

Autumn 2026

TIME	CLASS NAME	COST	LOCATION
Monday			
6.30am ~ 7.15am	Yoga	£4.00	Multi Function Room
9.15am ~ 10am	AquaFit	£4.00	Main Pool
10.30am ~ 11.15am	Pilates	£4.00	Multi Function Room
12.30pm ~ 1.15pm	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	AquaFit	£4.00	Main Pool
Tuesday			
9.15am ~ 10am	AquaFit	£4.00	Main Pool
9.15am ~ 10am	Pilates	£4.00	Multi Function Room
10.30am ~ 11.15am	Move Well	£2.00	Main Hall
12.45pm ~ 1.30pm	Yin Yoga	£4.00	Multi Function Room
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
7.30am ~ 8.15am	Pilates	£4.00	Multi Function Room
9.15am ~ 10am	AquaFit	£4.00	Main Pool
10.30am ~ 11.15am	Yogalates	£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
7pm ~ 7.45pm	Studio Cycling	£4.00	Indoor Cycle Studio
8pm ~ 8.45pm	AquaFit	£4.00	Main Pool
Thursday			
9.15am ~ 10am	AquaFit	£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	Move Well	£4.00	Main Hall
12.30pm ~ 1.15pm	Studio Cycling	£4.00	Indoor Cycle Studio
5.45pm ~ 6.30pm	Yin Yoga	£4.00	Multi Function Room
6pm ~ 6.45pm	Studio Cycling	£4.00	Indoor Cycle Studio
6.45pm ~ 7.30pm	Restorative Yoga	£4.00	Multi Function Room
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	AquaFit	£4.00	Main Pool
10.15am ~ 11am	Mindful Moments	£4.00	Multi Function Room
7pm ~ 7.45pm	Studio Cycling	£4.00	Indoor Cycle Studio
8pm ~ 8.45pm	AquaFit	£4.00	Main Pool
Saturday			
9am ~ 9.45am	Circuits	£4.00	Main Hall
9.15am ~ 10am	Pilates	£4.00	Multi Function Room
10.15am ~ 11.00am	Pilates	£4.00	Multi Function Room
Sunday			
12.30pm ~ 1.15pm	Studio Cycling	£4.00	Indoor Cycle Studio