

Fitness Classes

Summer 2025



| 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 |
| 12.30pm | Yoga | £4.00 | Activity Room |
| 6pm | Legs & Glutes | £4.00 | Studio |
| 8pm | Badminton | £4.00 | Main Hall |
| Thursday | | | |
| 10am | Circuits | £4.00 | Studio |
| 4pm | Teen Gym Class | £2.00 | Studio |
| 6pm | Studio Cycling | £4.00 | Studio |
| 7pm | Yoga | £4.00 | Activity Room |
| 7pm | Core Strength | £4.00 | Studio |
| Friday | | | |
| 10am | Legs & Glutes | £4.00 | Studio |
| 10am | Yoga | £4.00 | Activity Room |
| Saturday | | | |
| 10am - 11.30am | Yoga | £5.00 | Studio |
| 11.15am | Full Body Workout | £4.00 | Activity Room |