

Fitness Classes

Autumn/Winter 2025



TIME	CLASS NAME	COST	LOCATION
Monday			
6.30am ~ 7.15am	Yoga	£4.00	Multi Function Room
7.30am ~ 8.15am	Pilates	£4.00	Multi Function Room
9.15am ~ 10am	Aqua Fit	£4.00	Main Pool
10.30am ~ 11.15am	Yoga	£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	Breathwork	£4.00	Multi Function Room
8pm ~ 8.45pm	Aqua Fit	£4.00	Main Pool
Tuesday			
9.15am ~ 10am	Aqua Fit	£4.00	Main Pool
9.15am ~ 10am	Pilates	£4.00	Multi Function Room
10.30am ~ 11.15am	Fit 50 & Club Circuits	£2.00	Main Hall
12.45pm ~ 1.30pm	Yoga	£4.00	Multi Function Room
6pm ~ 6.45pm	Circuits	£4.00	Main Hall
7pm ~ 7.45pm	Studio Cycling	£4.00	Indoor Cycle Studio
7pm ~ 7.45pm	Dance Fitness	£4.00	Main Hall
7.30pm ~ 8.15pm	Pilates Fusion	£4.00	Multi Function Room
8.30pm ~ 9.15pm	Pilates Fusion	£4.00	Multi Function Room
Wednesday			
6.30am ~ 7.15am	Yoga	£4.00	Multi Function Room
6.30am ~ 7.15am	Studio Cycling	£4.00	Indoor Cycle Studio
7.30am ~ 8.15am	Pilates	£4.00	Multi Function Room
9.15am ~ 10am	Aqua Fit	£4.00	Main Pool
10.30am ~ 11.15am	Yoga	£4.00	Multi Function Room
12pm ~ 12.45pm	Flow	£4.00	Multi Function Room
6pm ~ 6.45pm	Studio Cycling	£4.00	Indoor Cycle Studio
6pm ~ 6.45pm	Step it Up	£4.00	Main Hall
6.30pm ~ 7.15pm	Restorative Yoga	£4.00	Multi Function Room
7pm ~ 7.45pm	Core Conditioning	£4.00	Main Hall
8pm ~ 8.45pm	Mind Matters	£4.00	Multi Function Room
Thursday			
9.15am ~ 10am	Aqua Fit	£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	Fit 50 & Club Circuits	£2.00	Main Hall
11.30am ~ 12.15pm	Restorative Yoga	£4.00	Multi Function Room
12.30pm ~ 1.15pm	Studio Cycling	£4.00	Indoor Cycle Studio
6pm ~ 6.45pm	Studio Cycling	£4.00	Indoor Cycle Studio
7pm ~ 7.45pm	Flow	£4.00	Multi Function Room
7pm ~ 7.45pm	Circuits	£4.00	Main Hall
Friday			
6.30am ~ 7.15am	Pilates	£4.00	Multi Function Room
9.15am ~ 10am	Aqua Fit	£4.00	Main Pool
1pm ~ 1.45pm	Circuits	£4.00	Main Hall
7pm ~ 7.45am	Studio Cycling	£4.00	Indoor Cycle Studio
8pm ~ 8.45pm	Aqua Fit	£4.00	Main Pool
Saturday			
9am ~ 9.45am	Circuits	£4.00	Main Hall
9.15am ~ 10am	Pilates	£4.00	Multi Function Room
10am ~ 10.45am	Studio Cycling	£4.00	Indoor Cycle Studio
10.15am ~ 11.00am	Pilates	£4.00	Multi Function Room
11am ~ 11.45am	Beginners Studio Cvcclina	£4.00	Indoor Cvcle Studio
Sunday			
12.15pm ~ 1pm	Pilates Fusion	£4.00	Multi Function Room
12.30pm ~ 1.15pm	Studio Cycling	£4.00	Indoor Cycle Studio
1.15pm ~ 2pm	Pilates Fusion	£4.00	Multi Function Room