## Fitness Classes Spring 2025



TIME	CLASS NAME	COST	LOCATION
	Monday		
9.15am ~ 10am	Aqua Fit	£4.00	Main Pool
10.30am ~ 11.15am	Yoga	£4.00	Multi Functional Room
6pm ~ 6.45pm	Studio Cycling	£4.00	Spin Studio
6.15pm ~ 7pm	Yoga	£4.00	Multi Functional Room
7pm ~ 7.45pm	Bars & Bells	£4.00	Main Hall
8pm ~ 8.45pm	Aqua Fit	£4.00	Main Pool
8pm ~ 8.45pm	Breathwork	£4.00	Multi Functional Room
	Tuesday		
9.15am ~ 10am	Aqua Fit	£4.00	Main Pool
9.30am ~ 10.15am	Pilates	£4.00	Multi Functional Room
10.30am ~ 11.15am	Fit 50+ Club S&C	£2.00	Main Hall
11.30am ~ 12.15pm	Yoga	£4.00	Multi Functional Room
12.30pm ~ 1.15pm	Cycling & Core	£4.00	Spin Studio
12.45pm ~ 1.30pm	Yoga	£4.00	Multi Functional Room
6pm ~ 6.45pm	Circuits	£4.00	Main Hall
6.15pm ~ 7pm	Yoga	£4.00	Multi Functional Room
7pm ~ 7.45pm	Studio Cycling	£4.00	Spin Studio
7pm ~ 7.45pm	Zumba	£4.00	Main Hall
7.30pm ~ 8.15pm	Pilates Fusion	£4.00	Multi Functional Room
8.30pm ~ 9.15pm	Pilates Fusion	£4.00	Multi Functional Room
	Wednesday		
6.30am ~ 7.15am	Yoga	£4.00	Multi Functional Room
6.30am ~ 7.15am	Studio Cycling	£4.00	Spin Studio
7.30am ~ 8.15am	Pilates	£4.00	Multi Functional Room
9.15am ~ 10am		£4.00	Main Pool
9.15am ~ 10am	Aqua Fit Yoga	£4.00	Multi Functional Room
	Flow	£4.00	Multi Functional Room
12pm ~ 12.45pm		£4.00	
6pm ~ 6.45pm	Studio Cycling		Spin Studio
6.05pm ~ 6.50pm	Flow	£4.00	Multi Functional Room
7pm ~ 7.45pm	Core Conditioning	£4.00	Main Hall
8pm ~ 8.45pm	Aqua Fit	£4.00	Main Pool
8pm ~ 8.45pm	Mind Matters	£4.00	Multi Functional Room
0.15 10	Thursday	54.00	Main Book
9.15am ~ 10am	Aqua Fit	£4.00	Main Pool
10.30am ~ 11.15am	Fit 50+ Club	£2.00	Main Hall
11.30am ~ 12.15pm	Restorative Yoga	£4.00	Multi Functional Room
12.30pm ~ 1.15pm	Studio Cycling	£4.00	Spin Studio
6pm ~ 6.45pm	Studio Cycling	£4.00	Spin Studio
7pm ~ 7.45pm	Circuits	£4.00	Main Hall
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6.30am ~ 7.15am	Pilates	£4.00	Multi Functional Room
9.15am ~ 10am	Aqua Fit	£4.00	Main Pool
10.30am ~ 11.15am	Restorative Yoga	£4.00	Multi Functional Room
12pm ~ 12.45pm	Strength & Conditioning	£4.00	Main Hall
1pm ~ 1.45pm		£4.00	Multi Functional Room
	Saturday		
9am ~ 9.45am	Circuits	£4.00	Main Hall
9.30am ~ 10.15am	Pilates	£4.00	Multi Functional Room
10am ~ 10.45am	Studio Cycling	£4.00	Spin Studio
10.30am ~ 11.15am	Pilates	£4.00	Multi Functional Room
11am ~ 11.45am	Studio Cycling for Beginners	£4.00	Spin Studio
11.30am ~ 12.15pm	Pilates	£4.00	Multi Functional Room
	Sunday		
12.15pm ~ 1pm	Pilates Fusion	£4.00	Multi Functional Room
12.30pm ~ 1.15pm	Studio Cycling	£4.00	Spin Studio
1.15pm ~ 2pm	Pilates Fusion	£4.00	Multi Functional Room
9am ~ 9.45am 30am ~ 10.15am 0am ~ 10.45am .30am ~ 11.15am 1am ~ 11.45am 30am ~ 12.15pm	Circuits Pilates Studio Cycling Pilates Studio Cycling for Beginners Pilates Sunday Pilates Fusion Studio Cycling	£4.00 £4.00 £4.00 £4.00 £4.00	Main Hall Multi Functional Roo Spin Studio Multi Functional Roo Spin Studio Multi Functional Roo Multi Functional Roo Spin Studio