

# Fitness Classes Winter 2026



| Time              | Class Name                          | Cost  |
|-------------------|-------------------------------------|-------|
| <b>Monday</b>     |                                     |       |
| 6.45am ~ 7.30am   | Circuits                            | £4    |
| 10am ~ 10.45am    | Total Body Workout                  | £4    |
| 12noon ~ 12.45pm  | Nifty 50s                           | £4    |
| 12.45pm ~ 1.30pm  | Flow                                | £4    |
| 6pm ~ 6.45pm      | Pilates                             | £4    |
| 7pm ~ 7.45pm      | Studio Cycling                      | £4    |
| 7.30pm ~ 8.15pm   | Yoga                                | £4    |
| 8pm ~ 8.45pm      | Legs, Bums & Tums                   | £4    |
| <b>Tuesday</b>    |                                     |       |
| 7am ~ 7.45am      | Yoga                                | £4    |
| 10am ~ 10.45am    | Pilates                             | £4    |
| 10am ~ 11am       | Aerobics                            | £4    |
| 4.30pm ~ 5.30pm   | Climbing Wall Kids' Club            | £4.50 |
| 5pm ~ 5.45pm      | Circuits                            | £4    |
| 6pm ~ 6.45pm      | Circuits                            | £4    |
| 6pm ~ 6.45pm      | Yoga                                | £4    |
| 6.30pm ~ 7.30pm   | Climbing for Beginners              | £5    |
| 7pm ~ 7.45pm      | Studio Cycling                      | £4    |
| <b>Wednesday</b>  |                                     |       |
| 6.45am ~ 7.30am   | Circuits                            | £4    |
| 7am ~ 7.45am      | Pilates                             | £4    |
| 10am ~ 10.45am    | Body Tone                           | £4    |
| 6pm ~ 6.45pm      | Studio Cycling                      | £4    |
| 7pm ~ 7.45pm      | Body Tone                           | £4    |
| 8pm ~ 8.45pm      | Pilates                             | £4    |
| <b>Thursday</b>   |                                     |       |
| 6.45am ~ 7.30am   | Kettle Bells                        | £4    |
| 9.30am ~ 10.15am  | Yoga                                | £4    |
| 10.30am ~ 11.15am | Breathwork                          | £4    |
| 6pm ~ 6.45pm      | Circuits                            | £4    |
| 6.30pm ~ 7.15pm   | Pilates                             | £4    |
| 6.30pm ~ 7.30pm   | Climbing Wall Taster Class ~ Kids * | £5    |
| 7pm ~ 7.45pm      | AquaFit                             | £4    |
| 7.30pm ~ 8.30pm   | Yoga                                | £5    |
| <b>Friday</b>     |                                     |       |
| 6.45am ~ 7.30am   | Circuits                            | £4    |
| 10am ~ 10.45am    | Body Tone                           | £4    |
| 1pm ~ 2pm         | Climbing for Beginners              | £5    |
| 6pm ~ 7pm         | Yoga                                | £4    |
| <b>Saturday</b>   |                                     |       |
| 9.15am ~ 10.15am  | Yoga                                | £4    |
| 9.15am ~ 10am     | Core Conditioning                   | £4    |
| 10.30am ~ 11.30am | NICAS Kids' Class                   | £4.50 |
| 11.30am ~ 12.30pm | NICAS Kids' Class                   | £4.50 |
| 12.30pm ~ 1.30pm  | Climbing for Beginners              | £5    |
| 4.30pm ~ 5.30pm   | Climbing Wall Taster Class ~ Kids * | £5    |
| <b>Sunday</b>     |                                     |       |
| 9.15am ~ 10am     | Indoor Cycling                      | £4    |
| 10.15am ~ 11.15am | Yoga                                | £4    |
| 11.15am ~ 12.15pm | Yoga                                | £4    |

\* Not included as part of All Inclusive Memberships