

FITNESS CLASS TIMETABLE

Monday

Spin 63 (max 12)
06.30 - 07.15
Fitness 63



HIIT
17.15 - 17.45
Sports Hall

Spin 63 (max 12)
18.00 - 18.45
Fitness 63

Triple Threat
18.00 - 18.45
Sports Hall

Spin 63 (max 12)
19.00 - 19.45
Fitness 63

Tuesday

Class Roulette
06.30 - 07.00
Sports Hall

HIIT 63
09.15 - 10.00
Fitness 63

PowerCircuit
17.15 - 17.45
Sports Hall

Pilates
17.15 - 18.00
Classroom

Spin 63 (max 12)
18.00 - 18.45
Fitness 63

Legs Bums and Tums
18.00 - 18.45
Sports Hall

Yoga
18.15 - 19.15
Classroom

Wednesday

Spin 63 (max 12)
06.30 - 07.15
Fitness 63



Kettles and Core
17.15 - 18.00
Sports Hall

Xpress Spin (max 12)
17.30 - 18.00
Fitness 63

Interval Blast
18.00 - 18.45
Sports Hall

Spin 63 (max 12)
19.00 - 19.45
Fitness 63

Thursday

Fusion YP (Yoga/Pilates)
06.30 - 07.15
Sports Hall

HIIT 63
09.15 - 10.00
Fitness 63

Xpress Spin (max 12)
17.30 - 18.00
Fitness 63

Circuit 63
18.00 - 18.45
Sports Hall

Friday

Bootcamp
06.30 - 07.15
Sports Hall



Xpress Spin (max 12)
17.30 - 18.00
Fitness 63

Circuit 63
Variety of exercises.
Full body workout.
Duration: 45 mins

Class Roulette
HIIT, Circuit Training,
Kettlebells and more.
Different each week.
Duration: 30 mins

HIIT 63
Variations include
Strength, Cardio
and Step.
Duration: 45 mins

Interval Blast
Anaerobic interval
training.
Cardio/Boxing
Focused
Duration: 45 mins

Kettles and Core
Cardio and
strengthening
using Kettle bells
and core work.
Duration: 45 mins

Xpress Spin/ Spin 63
Indoor cycling
workout to energetic
music.
Duration: 30/ 45 mins

Legs, Bums and Tums
Exercises to tone and
shape.
Duration: 45 mins

Power Circuit
High tempo resistance
class with varied
equipment.
Duration: 30 mins

Triple Threat
Cardio/strength/
bodyweight/
boxercise/core.
Duration: 45 mins

Fusion YP
A blend of Yoga and
Pilates, core strength,
flexibility and balance.
Duration: 45 mins

Yoga
Increase flexibility,
stability and strength.
Duration: 60 mins

Pilates
A way to improve
core strength,
lengthen, strengthen
and balance the body.
Duration: 45mins

All members and non-
members must be booked
onto classes prior to the start
time.

Please remember to wear
appropriate clothing, inform
instructors of any injuries or
illnesses and bring a
refreshment with you.

We reserve the right to
cancel classes if minimum
numbers are not booked
24hrs prior to the class start
time.

Classes can be rebooked up
to a maximum of 7 days
in advance.

Please note, this timetable is
subject to change.

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