

# SPRING CLASS TIMETABLE

Classes Only Membership: £44 per month

Classes & Gym: £54 per month

Classes & Spa: £69 per month

Premium: £78 per month

Pay As You Go: £10 per class

**Monday      Tuesday      Wednesday      Thursday      Friday      Saturday      Sunday**

0615-0700 SPRINT CYCLE	0615-0700 REPS	0615-0700 HYBRID	0615-0715 BOOTCAMP	0615-0700 LOAD & LIFT	0815-0900 REPS	0915-1000 HYBRID
0715-0800 YOGA	0715-0745 TABATA	0715-0800 PILATES	0615-0700 BOXFIT	0700-0730 CORE	0900-1000 YOGA	1015-1100 SPRINT CYCLE
0915-1000 REPS	0915-1000 LBT	0915-1000 FIRST FITNESS	0715-0815 YOGA	0915-1000 HYBRID	1015-1100 BARBELL & BIKES	1115-1215 YOGA
0915-1000 FIRST FITNESS	1015-1100 CAZUMBA	0915-1000 SPRINT CYCLE	0915-1015 BOOTCAMP	1015-1115 YOGA		
1000-1045 RUN CLUB	1100-1200 YOGA	1015-1100 PUMPED	0915-1015 PILATES	1115-1145 TABATA		
1015-1115 YOGA	1100-1130 CORE	1100-1200 YOGA	1015-1115 YOGA	1215-1245 LBT		
1115-1200 YOGALATES	1215-1245 REPS	1215-1245 HIIT	1015-1100 STRENGTH & STABILITY	1800-1845 BOXFIT		
1215-1245 HYBRID	1630-1715 YOUTH LBT	1630-1715 YOUTH LOAD & LIFT	1215-1245 SPRINT CYCLE			
1630-1715 YOUTH BOOTCAMP	1745-1830 SPRINT CYCLE	1745-1830 YOGA	1630-1715 YOUTH CAZUMBA			
1745-1830 BODY BLAST	1830-1930 YOGA	1845-1930 DANCE FITNESS	1745-1830 CAZUMBA			
1830-1915 LBT	1930-2015 HYBRID	1900-2000 BOOTCAMP	1830-1930 BOOTCAMP			
1930-2030 PILATES			1830-1930 YOGA			
			1930-2015 PILATES			

OUTSIDE

STUDIO

YOUTH FIT

GYM  
FLOOR