

	Classes			Activities		
	Time	Class	Area	Time	Class	Area
<b>Monday</b>	09:30-10:15	Keep Fit with Ryan	S			
	10:30-11:15	Step up	S	09:00-12:00	Badminton Social	SH
	16:00-18:00	Family Gym	G	10:30-12:30	Pickleball Match Play	SH
	18:00-18:30	H.I.I.T	S			
	20:15-21:00	Zumba	S			
<b>Tuesday</b>	7:15-7:45	Strength 30	S2	10:00-12:00	Pickleball	SH
	10:00-11:00	Morning Yoga Flow	S	11:00-13:00	Walking Football*	SH
	11:15-12:15	Yoga Mama Baby**	S	13:00-14:00	Supported Gym	G
	16:00-18:00	Family Gym	G	17:00-18:00	Ladies Walking Football***	SH
	18:45-19:30	Legs, Bums & Tums	S			
	19:45-20:30	Yoga (LYT)	S			
<b>Wednesday</b>	09:30-10:15	Circuits	SH	10:30-12:30	Pickleball	SH
	16:00-18:00	Family Gym	G	11:00-12:00	Walking Cricket	SH
	18:30-19:15	Zumba	S	13:30-14:30	Walking Netball	SH
	19:30-20:00	Fast 30	S2			
<b>Thursday</b>	9:30-10:15	Gentle Circuits	S	11:00-12:00	Walking Football	SH
	16:00-18:00	Family Gym	G	13:00-14:00	Supported Gym	G
	18:00-19:00	BoxFit	S	20:00-21:00	Back 2 Netball	SH
	19:05-19:50	Pilates	S			
	19:20-19:50	Strength 30	S2			
<b>Friday</b>	9:30-10:15	Legs, Bums & Tums	S	09:00-12:00	Badminton Social	SH
	16:00-18:00	Family Gym	G	10:30-12:30	Pickleball	SH
<b>Saturday</b>	09:00-10:00	Bootcamp	S			
	10:00-11:00	BoxFit	S			

\*Please note that this activity is not included within memberships, an additional Fee For this activity will apply.

\*\* Yoga Mama Baby £5 per session to non-members

\*\*\*Please note that this activity is not included within memberships. £3 per session Fee applies.

- S Studio
- S2 Studio 2
- G Gym
- TH The Hub
- SH Sports Hall
- G The Gallery
- SC Squash Courts

SCAN ME TO BOOK!

