

	Classes			Activities		
	Time	Class	LVL	Time	Class	LVL
Monday	09.30-10.15	Keep Fit		09.00-12.00	Badminton	
	10.30-11.15	Step Up			Family Gym	
	18.00-19.00	Circuits and Abs Blast		16.00-18.00	Family Gym	
	19.15-20.00	Zumba				
Tuesday	10.00-11.00	Slow Vinyasa Yoga		10.00-12.00	Pickleball	
		Lower Body Blast		11.00-12.30	Walking Football*	
	18.45-19.30	LYT Yoga		13.00-14.00	Supported Gym	
				16.00-18.00	Family Gym	
Wednesday	09.30-10.15	Circuits		10.00-12.00	Family Gym	
	18.15-19.00	Zumba		10.30-12.30	Pickleball	
	19.00-19.45	Sweat		11.00-12.00	Walking Cricket	
				13.30-14.30	Walking Netball	
Thursday	09.30-10.15	Gentle Circuits		16.00-18.00	Family Gym	
	18.00-19.00	BoxFit		20.00-21.00	Back 2 Netball	
	19.10-19.55	Pilates		11.00-12.00	Walking Football	
				13.00-14.00	Supported Gym	
Friday	09.30-10.15	Legs, Bums & Tums		16.00-18.00	Family Gym	
				09.00-12.00	Badminton	
Saturday	09.00-10.00	Bootcamp		10.30-12.30	Pickleball	
	10.00-11.00	BoxFit				

** 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

Activity Level

1. Back to exercise

2. Holistic Classes

3. Low Intensity

4. Moderate Intensity

5. High Intense

SCAN ME TO BOOK!

