

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00			HIIT Me UP	Command and Conquer	HIIT Me UP		
	Early Circuit	Early Core	HIIT Me Up		HIIT Me Up!!		
08:00	Virtual Request 07:15 - 09:15	Virtual Request 07:15 - 09:15	Virtual Request 07:15 - 09:15	Virtual Request 07:15 - 08:15	Virtual Request 07:15 - 10:15	Full Force Fitness 08:00 - 09:00	Virtual Request 08:00 - 16:00
				Senior Ladies 08:30 - 09:15	Resist and Sculpt		
09:00					Total Body HIIT Step 09:15 - 10:00		HIIT Me Up!! 09:00 - 09:45
10:00	Senior Ladies 09:30 - 10:15	Bodyblast 09:30 - 10:15	Boogie Bounce 09:30 - 10:15	Ignite 09:30 - 10:30			Social Striders 10:00 - 10:45
	Stretch and Relax 10:30 - 11:15	Baby Bounce Back 10:30 - 11:15	Senior Mens 10:30 - 11:30	Stretch and Relax 10:30 - 11:15			
11:00		FunkyFitt 11:15 - 12:00					
12:00	Virtual Request 12:00 - 17:45	Virtual Request 12:00 - 17:45	Low Impact Exercise	Virtual Request 12:00 - 17:00	Low Impact Exercise	Virtual Request 12:00 - 15:45	
17:00		Kettlercise	Runnergize	Core			
	Boogie Bounce	Level Up Fitness	Circuits	Body Bar			
19:00	Indoor Cycling 19:00 - 19:45	Resist and Sculpt	Zumba 19:15 - 20:15				
20:00	Indoor Cycling 20:00 - 20:45						



2026 TIMETABLE

Classes are subject to change at short notice but every attempt will be made to stay upto date with the timetable.