



Exercise Class Programme

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DAYTIME	RPM™ 6.45 - 7.30am	RPM™ 6.45 - 7.30am	BODYCOMBAT™ 6.45 - 7.30am	BODYPUMP™ 6.45 - 7.30am	RPM™ 6.45 - 7.30am
	TRX 7.45 - 8.15am	▶ CXWORX™ 7.30 - 8am	▶ BODYPUMP™ 7.45 - 8.45am	▶ CXWORX™ 7.30 - 8am	▶ BODYPUMP™ 7.45 - 8.30am
	▶ BODYCOMBAT™ 8.30 - 9am	▶ BODYCOMBAT™ 8.15 - 9.15am	▶ SH'BAM™ 9.15 - 10am	▶ BODYBALANCE™ 8.15 - 8.45am	TRX 9 - 9.30am
	BODYPUMP™ 9.30 - 10.30am	BODYPUMP™ 9.30 - 10.30am	Body Conditioning 9.30 - 10.15am	TRX 9.15 - 9.45am	BODYATTACK™ 9.30 - 10.30am
	BODYATTACK™ 10.30 - 11.30am	▶ SH'BAM™ 9.30 - 10.15am	BODYBALANCE™ 10.15 - 11.15am	BODYPUMP™ 10 - 11am	▶ BODYPUMP™ 9.45 - 10.30am
	▶ CXWORX™ 11.45am - 12.15pm	BODYBALANCE™ 10.30 - 11.30am	▶ BODYCOMBAT™ 10 - 11pm	▶ SH'BAM™ 10 - 10.45am	BODYCOMBAT™ 10.30 - 11.15am
	▶ SH'BAM™ 12.30 - 1.15pm	TRX 10.45 - 11.15am	FitSteps® 11.15am - 12 noon	▶ BODYCOMBAT™ 10.45 - 11.45am	▶ CXWORX™ 10.45 - 11.15am
	▶ BODYBALANCE™ 1.15 - 1.45pm	▶ CXWORX™ 11.30am - 12 noon	TRX 11.15 - 11.45am	BODYBALANCE™ 11am - 12 noon	▶ BODYBALANCE™ 11.30am - 12.15pm
	Healthy Lifestyles 2 - 3pm	RPM™ 12 noon - 12.45pm	Healthy Lifestyles 12 noon - 1pm	▶ CXWORX™ 12 noon - 12.30pm	TRX 12.30 - 1pm
	▶ CXWORX™ 2.15 - 2.45pm	▶ SH'BAM™ 12.15 - 1pm	▶ BODYBALANCE™ 12.15 - 1.15pm	▶ SH'BAM™ 12.45 - 1.30pm	Aqua Fit 12.30 - 1pm
		Aqua Fit 12.30 - 1pm	▶ SH'BAM™ 1.30 - 2.15pm		▶ BODYCOMBAT™ 1.15 - 2.15pm
		▶ BODYBALANCE™ 1.15 - 2.15pm	▶ CXWORX™ 2.45 - 3pm	▶ BODYPUMP™ 1.45 - 2.45pm	▶ BODYPUMP™ 2.45 - 3.45pm
	▶ SH'BAM™ 3 - 3.45pm	▶ BODYPUMP™ 2.30 - 3.15pm	▶ BODYBALANCE™ 3.15 - 4.15pm	▶ BODYBALANCE™ 3 - 3.30pm	
	▶ BODYCOMBAT™ 3.30 - 4.30pm				
EVENING	▶ BODYPUMP™ 4 - 4.45pm	▶ SH'BAM™ 4.30 - 5.15pm	▶ BODYPUMP™ 4.30 - 5.30pm	▶ CXWORX™ 4 - 4.30pm	▶ SH'BAM™ 4 - 4.45pm
	▶ BODYCOMBAT™ 5 - 6pm	▶ CXWORX™ 5.15 - 5.45pm	▶ SH'BAM™ 5.45 - 6.30pm	▶ BODYCOMBAT™ 5 - 6pm	▶ CXWORX™ 5.15 - 5.45pm
	RPM™ 5.45 - 6.30pm	RPM™ 5.30 - 6.15pm	BODYCOMBAT™ 6.30 - 7.30pm	RPM™ 5.45 - 6.30pm	BODYATTACK™ 5.15 - 6pm
	Body Conditioning 6 - 7pm	BODYBALANCE™ 6 - 7pm	Pilates 6.30 - 7.30pm	Body Conditioning 6 - 7pm	BODYBALANCE™ 6 - 7pm
	BODYPUMP™ 7.15 - 8.15pm	Kettlercise 6.30 - 7.15pm	BODYPUMP™ 7.30 - 8.30	BODYCOMBAT™ 6.30 - 7.30pm	Kettlercise 6.30 - 7.15pm
	▶ SH'BAM™ 7.15 - 8pm	Aqua Zumba 7.10 - 7.55pm	BODYBALANCE™ 7.30 - 8.30	Yoga 7 - 8pm	▶ SH'BAM™ 7.15 - 8pm
	Aqua Jog 7.45 - 8.30pm	BODYATTACK™ 7.30 - 8.30pm	Aqua Jog 7.45 - 8.30pm	Aqua Fit 8 - 8.45pm	RPM™ 7.30 - 8.15pm
	BODYCOMBAT™ 8.15 - 9pm	▶ SH'BAM™ 8.30 - 9.15pm	BODYATTACK™ 8.30 - 9.30pm	▶ BODYPUMP™ 8.15 - 9pm	▶ CXWORX™ 8.15 - 8.45pm
	Pilates 8.30 - 9.30pm	▶ CXWORX™ 9.30 - 10pm	▶ CXWORX™ 9.30 - 10pm	▶ CXWORX™ 9.15 - 9.45pm	▶ BODYBALANCE™ 9 - 10pm

	SATURDAY	SUNDAY
WEEKEND	BODYPUMP™ 8.45 - 9.45am	▶ BODYBALANCE™ 9 - 10am
	BODYCOMBAT™ 9.45 - 10.15am	RPM™ 9.30 - 10.15am
	▶ SH'BAM™ 10.45 - 11.30am	▶ SH'BAM™ 10.15 - 11am
	▶ BODYBALANCE™ 11.45 - 12.45pm	BODYCOMBAT™ 10.30 - 11.30am
	▶ CXWORX™ 1 - 1.45pm	TRX 11.15 - 12 noon
	TRX 1.45 - 2.15pm	▶ BODYBALANCE™ 12 noon - 1pm
	▶ BODYPUMP™ 2.30 - 3.15pm	▶ BODYPUMP™ 1.15 - 2.15pm
	▶ BODYCOMBAT™ 3.30 - 4.30pm	▶ CXWORX™ 2.30 - 3pm
	▶ BODYBALANCE™ 4.30 - 5.30	▶ BODYCOMBAT™ 3.15 - 3.45pm
		▶ BODYBALANCE™ 4 - 5pm
	CXWORX™ 5.15 - 5.45pm	

EXERCISE CLASS – BOOKING POLICY

Booking – Bookings can be made 7 days in advance for members. Non-members can book 6 days in advance and must pay on booking. To guarantee a class place it is advisable to book in advance.

Attendance – Customers must record their attendance at reception. Professional exercise classes require a warm up. Please arrive on time.

Cancellations – We require a minimum of 24 hours notice. If we are able to re-sell your place we will either issue you a refund or reschedule the booking in accordance with the booking policy.

Most classes are suitable for 14 years upwards - this is at the discretion of the fitness coach, with the exception of classes which include the use of weights.

▶ Virtual classes. no instructor.

KEY	CARDIO	SPINNING	AQUA
	MIND AND BODY	CORE/STRENGTH	CIRCUITS
	TONING	JUNIOR	DANCE