

GROUP FITNESS TIMETABLE

MONDAY

7:30 - 8:15	RPM
9:30 - 10:30	Body Pump
10:45 - 11:45	Body Combat
12:00 - 13:00	Body Balance
18:00 - 19:00	Circuits
19:00 - 20:00	Body Pump
20:00 - 21:00	Body Combat

TUESDAY

9:30 - 10:30	Body Combat
10:45 - 11:45	Body Balance
16:00 - 17:30	Hip Hop*
18:00 - 19:00	Body Balance
19:00 - 19:45	RPM
20:00 - 21:00	Body Pump

WEDNESDAY

7:30 - 8:15	RPM
9:30 - 10:30	Body Balance
10:45 - 11:45	RPM
12:00 - 13:00	Body Pump
16:00 - 17:30	Hip Hop*
18:00 - 19:00	Body Pump
19:00 - 20:00	Body Combat
20:00 - 21:00	RPM

THURSDAY

9:30 - 10:30	Body Pump
10:45 - 11:45	RPM
12:00 - 13:00	Body Combat
16:00 - 17:30	Hip Hop*
18:00 - 19:00	RPM
19:00 - 20:00	Body Balance
20:00 - 21:00	Body Combat

FRIDAY

7:00 - 7:45	RPM
9:30 - 10:30	Body Pump
10:45 - 11:45	Body Balance
12:00 - 13:00	RPM
18:00 - 19:00	Circuits

SATURDAY

9:30 - 10:30	Body Combat
10:45 - 11:45	Body Pump
12:00 - 13:00	RPM

SUNDAY

9:30 - 10:30	Body Balance
10:45 - 11:45	RPM
12:00 - 13:00	Body Combat
17:30 - 19:00	Adults Hip Hop L1
19:00 - 20:30	Adults Hip Hop L2

*Children's classes

Class Bookings

Classes can be booked up to fourteen days in advance. Booking is strongly recommended as we operate on a first come first served basis. You can book classes by telephoning us directly on 01395 265771 or in person at the reception desk.

Class Guidelines

For your comfort and safety we ask all users of our group fitness timetable to adhere to some simple guidelines:

Keep an eye on the time! Please ensure you arrive promptly for your class to enable a safe warm up, avoiding injury and class disruption.

Your place will be given to a waiting person if you do not check in on time.

Please wear appropriate clothing and non-marking footwear for comfort, support and injury prevention.

Please inform the instructor of any injuries, medical conditions, high blood pressure or pregnancy before participating in any class or activity. If you are unsure of the suitability of the class we advise that you consult a doctor.

Always check the class schedule for up to date class information.

During certain times of the year i.e. school holidays, classes may change due to demand. Please regularly check the class schedule.

Minimum age for classes is 15 years, except specialist children's classes