

CLASS TIMETABLE

Monday

17.45 - 18.30 Body Conditioning **Gymnasium** Elishea

18.30 - 19.15 Solo Circuit **Gymnasium** Alex

19.15 - 20.00 Studio Cycling **Gymnasium** Alex

Tuesday

17.45 - 18.30 Zumba **Gymnasium** Louise

18.30 - 19.15 Kettlebells **Gymnasium** Alex

19.15 - 20.00 Studio Cycling **Gymnasium** Alex

Wednesday

10.30 - 11.00 Solo Circuit **Gymnasium** Fitness Staff

19.00 - 19.45 HIIT **Gymnasium** James

Thursday

17.45 - 18.45 Iyengar Yoga **Gymnasium** Helen

18.45 - 19.30 Studio Cycling **Gymnasium** Anthony

Friday

13.00 - 13.45 Pilates **Gymnasium** Charlotte

Saturday

09.15 - 10.00 Legs, Bums & Tums **Gymnasium** Louise

Sunday

10.15 - 10.45 Studio Cycling **Gymnasium** Fitness Staff

11.00 - 11.30 Solo Circuit **Gymnasium** Fitness Staff

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