

Bank Holiday Class Timetable

Monday 26th August 2024

7.45am - 8.30am Cycle

8.30am - 9.15am Pilates

9.25am - 10.30am Body Pump

9.45am - 10.30am Cycle

10.00am - 12.00pm Game 4 Life

10.30am - 11.30am Body Balance Virtual

11.35am - 12.35am Yoga Stretch Virtual

5.15pm - 5.45am Core

6.00pm - 6.50pm Body Combat

6.15pm - 7.00pm Cycle

7.00pm - 8.00pm Body Pump

Don't forget to check out our virtual classes
running as normal.