



CLASS TIMETABLE

From 5th May '25		Morning Classes			Evening Classes			
FITNESS CLASSES SCHEDULE	Saturday	09.30 - 10.15 Fat burner Circuit						
	Sunday	09.30 - 10.00 Spinning	10.05 - 10.35 Core & Stretch					
	Monday	10.00 - 10.45 Shredder Circuit	11.00 - 12.00 Yoga		17.30 - 18.00 UPDATED Circuit	18.05 - 18.20 UPDATED Abs Blast	18.25 - 18.55 UPDATED Pump	
	Tuesday	10.00 - 10.45 Leg Attack	10.50 - 11.30 Pilates		17.15 - 17.55 Bums & Tums	18.00 - 18.30 SpinTensity	18.35 - 19.05 Tabata Tuesday	19.10 - 20.10 Yoga
	Wednesday	09.15 - 10.00 Spinning			17.30 - 18.00 Pump	18.05 - 18.45 Pilates	18.50 - 19.30 Crossfit (The Box) UPDATED	
	Thursday	09.30 - 10.00 Spinning	10.05 - 10.45 Pump	10.50 - 11.30 Low Impact Aerobics	17.25 - 18.05 Functional Fitness	18.10 - 18.40 UPDATED Spinning	18.40 - 18.55 UPDATED Abs Blast	19.00 - 20.00 Yoga
	Friday	09.15 - 10.00 Step Circuit	10.05 - 10.45 Fitness Pilates					



Book classes via our FitSense app or call 01455 233 337

OPENING HOURS

MON-THURS
6.30AM - 9.30PM

FRIDAY
6.30AM - 7.30PM

SAT & SUN
8.30AM - 5PM