

Group Exercise Timetable

Monday

360 Rig- 07:15-08:00 - Gym Floor
Yoga - 17:30-18:15 - Studio 1
Body Pump - 17:45-18:30 - Studio 3
Box Fit - 18:30- 19:00 Studio 1

Tuesday

Spin - 07:15-0800 - Studio 3
TRX - 12:30 - 13:00 - Performance Zone
HIIT - 17:30 - 18:00 - Studio 2
Yoga - 18:30 - 19:15 - Studio 3

Wednesday

Bootcamp 07:15-08:00 - Astro
360 Rig 12:30 -13:00 - Gym
Body Pump 17:30-18:15 - Studio 3
(Fitness) Pilates - 17:30 - 18:15- Studio 1
Spin - 18:30-19:15 - Studio 3

Thursday

Box Fit - 7:15am - 8:00am - Studio 1
TRX 12:30 - 13:00 - Performance Zone
Express Abs - 17:30 - 18:00 - Studio 2
Body Pump - 17:30 - 18:15 -Studio 3
Body Combat - 18:30-19:15 - Studio 3
Pilates - 19:15-20:00 - Studio 3

Friday

Spin - 07:15-08:00 - Studio 3
Body Combat - 17:30-18:15 - Studio 3

Saturday

Bootcamp - 10:30am - 11:15am -
Gym Floor

TRX

TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously.

BODY COMBAT

This interval training is fiercely energetic and is inspired by mixed martial arts. Supported by driving music, you will strike, punch, kick and kata your way through.

BODY PUMP

Bodypump is for anyone looking to get lean, toned and fit - fast. Using light to moderate weights with lots of repetition, Bodypump gives you a total body workout.

YOGA

Yoga is an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing.

360 RIG

Circuit and HIIT based training, taken in the gym, using the Rig equipment, including TRX, Kettle Bells, Monkey Bars, Slam balls.

SPIN

Group indoor cycling class that focuses on strength, speed and endurance. You'll be guided through different workout phases including hill climbs, flat terrains and time trials.

BOOTCAMP

A mix of cardio and strength based training done outside (weather permitting). An old school feel with a modern twist.

STAFF YOGA

This class is open to staff both members and non members. It is £2 for non-members. please book with reception.

Express Abs

A 45 minute core strength workout, specifically targeting the abdominal and oblique areas of the body.

HIIT

This class keeps exercise interesting, with a mixture of strength and cardio. You'll burn a decent amount of calories too!

Box Fit

High Intensity Boxing Circuit, with a mixture of Cardio and Strength based exercises.

PILATES

This exercise class consists of low-impact flexibility and muscular strength/endurance movements.