

Group Exercise Timetable

Monday

360 Rig - 07:15-08:00 - Gym Floor
Workout of the Week (WOW) - 12:30-13:00 - Gym Floor
Yoga - 17:30-18:15 - Studio 2
Body Pump - 17:45-18:30 - Studio 3
Box Fit - 18:30-19:00 Studio 2

Tuesday

Spin - 07:15-08:00 - Studio 3
TRX - 12:30-13:00 - Performance Zone
HIIT & Abs - 17:30 -18:15 - 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
Body Attack - 17:30-18:15 - Studio 2
Stretch & Flex - 18:30-19:00 - Studio 2
Spin - 18:30-19:15 - Studio 3

Thursday

Box Fit - 07:15-08:00 - Studio 1
TRX - 12:30-13:00 - Performance Zone
HIIT & Abs - 17:30-18:00 - Studio 2
Body Pump - 17:30-18:15 -Studio 3
Body Combat - 18:30-19:15 - Studio 3
Pilates 30 - 19:15-20:00 - Studio 3

Friday

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

Saturday

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

TRX

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

360 RIG

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

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.

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.

HIIT & ABS

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

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.

BOOTCAMP

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

BOX-FIT

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

YOGA

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

STETCH & FLEX WTH JODIE

This class is a 45min strength and stretch class, using Pilates movement as influence on working the core and glutes, whilst addressing mobility and flexibility.

PILATES

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