



Class timetable

Nov – Dec 2025

Monday		Tuesday		Wednesday		Thursday		Friday	
12:10 12:50		12:10 12:50	Bodypump 40 mins	12:10 12:50		12:10 12:50	Legs & Abs 40mins	12:10 12:50	
13:10 13:45	HIIT 35mins	13:10 13:40	Pilates 35 mins	13:10 13:50	Cardio Fusion 40 mins	13:10 13:50	Hybrid Circuits 40 mins	13:10 13:50	Cardio Fusion 40 mins

If you are pregnant or have any illnesses or injuries please seek advice from your GP/midwife before joining a studio class and inform the instructor before the class begins.

