



Group exercise timetable 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06.45 07.15 Express	06.45 07.15 Circuit	06.45 07.15 Kettlebells	06.45 07.15 Tabata	06.45 07.15 SMASH	08.30 09.15 Body Blast	09.30 10.15 Weekend Workout
08.30 09.15 LBT	09.30 10.15 Body Blast	09.30 10.15 Circuits	09.30 10.15 Low Intensity Training	08.30 09.30 Pilates	09.45 10.30 Yoga	10.30 11.30 Zumba
09.45 10.45 Pilates	10.45 11.30 Yoga	12.35 13.15 Aqua	11.00 11.45 Aqua	09.45 10.30 LBT	11.00 11.45 Aqua	
12.35 13.15 Aqua	12.30 13.15 Stretch	17.15 17.45 SMASH	14.05 14.45 Aqua Zumba	13.00 13.45 Functional Moves		
17.15 17.45 Strength & Condi-	14.15 14.45 Chair Class	18.00 18.45 Spin	18.00 19.00 Boxercise	18.00 19:00 Boot Camp		
18.00 18.45 Spin	17.00 17:45 Tabata	19.00- 19.45 Zumba	19.15 20.15 Pilates			
	18.00 18.45 Tabata					
	19.15 20.00 Aqua					

Pool Closes: 21:00

Gym Closes: 21:30

Friday Pool Closes: 20.00

Friday Gym Closes: 20.30

Weekend Time Varies

KEY	DANCE	HIGH INTENSITY	AQUA
	MIND & BODY	STRENGTHEN & CARDIO	

Classes can be booked up to 6 days in advance. To secure your place, please call 01895 831113