



# Group exercise timetable

## May 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	11.45 12.30	Aqua	17.15 17.45	SMASH	14.05 14.45	Aqua Zumba	13.00 13.45	Functional Moves	12.45 13.30	Aqua		
17.15 17.45	Strength & Conditioning	12.30 13.15	Stretch	18.00 18.45	Spin	18.00 19.00	Boxercise	18.00 19:00	Boot Camp				
14.15 14.45		14.15 14.45	Chair Class	19.00- 19.45	Zumba	19.15 20.15	Pilates						
18.00 18.45	Spin	17.00 17:45	Tabata										
		18.00 18.45	Tabata										
		19.30 20.15	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