

Monday

Class timetable.

JANUARY 2026

Time	Class	Location	Instructor
6:45-7:30	CYCLE (Requires booking) Limited spaces, book at reception	Sport hall	Anders
10:30-11:15	FIT FUNCTION	Sport hall	Gym team
11:30-12:30	YOGA	G02 (Hotel)	Megan
17:30-18:00	LBT	Sport hall	Gym team
18:00-19:00	Pilates (Requires booking) (NEW)	G02 (Hotel)	Maxine S
19:30- 20:15	AQUA (Requires booking)	Pool	Gym team
19:30 – 22:00	Badminton Matches (Not every week)	Sports Hall	External



Yoga with Meg
Mondays at 11:30am

- Improve health
- Reduce stress
- Increase body strength
- A fun flow
- Improve breathing
- Increase your flexibility



Tuesday

Class timetable.

Time	Class	Location	Instructor
6:30-7:15	BOOTCAMP	Sport hall	David
10:30-11:15	AQUA (Requires booking)	Pool	Wayne
11:15-12:15	TAI CHI	G02 (Hotel)	Jessica
12:30-13:00	CORE BLAST (NEW)	Gym	Gym team
17:30-18:00	HIIT	Sport hall	Gym team
18:00-19:00	YOGA	G02 (Hotel)	Maxine S.
18:05-18:30	CORE BLAST	Gym	Gym team
18:05-18:50 18:05-18:50 19:30	Body Conditioning (NEW)	Sport hall	David B External group
19:00-19:30	CYCLE (Requires booking) Limited spaces, book at reception	Sport hall	Brigitta

****This is an external group and not an activity included in membership****



Wednesday

Class timetable.

Time	Class	Location	Instructor
6:35-7:20	CYCLE (Requires booking) Limited spaces, book at reception	Sport hall	Anders
10:30-11:15	FIT FUNCTION	Sport hall	Gym team
11:30-12:30	TAI CHI	G02 (Hotel)	Jessica
12:30-13:00	GET FIT IN 30	Sport hall	Gym team
17:30-18:15	BOOTCAMP	Sport hall	Adam/Casey
18:15-19:15	FLOW AND STRONG YOGA (Requires booking)	G02 (Hotel)	Isabella
18:30-19:15	AQUA	Pool	Gym team
20:00-22:00	MEMBERS BADMINTON	Sport hall	



Thursday

Class timetable.

Time	Class	Location	Instructor
6:30-7:15	BOOTCAMP	Sport hall	Dave
09:10 -10:10	PILATES (Requires booking)	G02 (Hotel)	Jenny
10:30-11:15	AQUA	Pool	Wayne
17:30-18:15	Body Conditioning (NEW)	Sport hall	David B
18:15-19:00	DANCE FIT	Sport hall	Eve
18:30-18:55	CORE BLAST	Gym	Gym team
20:00- 21:30	Club MK badminton	Sport hall	External group



Members badminton

All levels welcome

Wednesday

20:00 – 22:00

Saturday

14:00 – 16:00



Friday

Class timetable.

Time	Class	Location	Instructor
6:45-7:30	CORE FLOW	Sport hall	Anders
09:15-10:15	STRETCH & CORE (Requires Booking)	G02 (Hotel)	Jenny
10:30-11:15	FIT FUNCTION	Sport hall	Gym team
12:30-13:00	LBT	Sport hall	Gym team
18:00-18:45	LATINO DANCE	Sports hall	Eve



Find out more
about Group Cycle

Scan the QR code



Weekends

Class timetable.

Pilates on a Saturday – For those who are new to Pilates we recommend attending the 1st session at 09:00. This session is welcome to all abilities but will be structured to offer more advice for beginners.

Saturday Time	Class	Location	Instructor
08:45-09:30	CYCLE (Requires booking) Limited spaces, book at reception 1 class per member	Sport hall	ANDERS / TOM
09:30-10:15	Strength Circuits	Sport hall	Gym Team
09:00-10:00	BEGINNERS PILATES (Requires booking) Limited spaces, 12 people max	G02 (Hotel)	Jenny
10:20 – 11:20	PILATES (IMPROVERS/INTERMEDIATE) (Requires booking)	G02 (Hotel)	Jenny
12:30 – 14:00	MEMBERS WALKING FOOTBALL (book at reception)	Sports Hall	
14:00-17:00	MEMBERS BADMINTON	Sport hall	
Sunday Time	Class	Location	Instructor
9:00-9:45	STRICTLY COME BALLROOM	Sport hall	Eve
9:00-9:30	GET FIT IN 30 (requires booking) Max 6 people	Gym	Gym Team
10:00-11:00	Relax with MAX	G02 (Hotel)	Maxine S
14:00 – 17:00	Shenley Archers	Sports Hall	External
17:00 – 19:00	MK BADMINTON	Sports Hall	External



Scan me

Class timetable.



Cardio

Aqua

Holistic

Strength

Strength & Cardio

All round

Member club

External booking