

Please note you **MUST** book Spin & Yoga classes in advance, all classes are PAYG except gym floor classes.

Classes cannot be disturbed once started, so promptness is essential.

All class numbers are monitored and subject to change.

All classes are available for 14+



AEROBICS STUDIO

GYM FLOOR

POOL

MIND & BODY

SPORTS HALL

MONDAY



SPIN & ABS	MISHAN	06:45 - 07:45
HEALTHY LIVING WORKSHOP	FITNESS TEAM	07:45 - 08:15
KETTLEBELLS	FITNESS TEAM	08:00 - 08:30
FLEX & STRENGTH	CAROL	09:30 - 10:30
YOUNG @ ♥	LINDA	10:30 - 11:30
BODY PUMP	EMMA	11:30 - 12:30
SPIN & ABS	EMMA	12:30 - 13:30
PILATES	NICOLA	13:30 - 14:30
KIDS SPARTAN	FITNESS TEAM	16:15 - 16:45
SPARTAN WARRIOR	FITNESS TEAM	17:30 - 18:00
FAT BLAST	BARTEK	18:15 - 19:15
METAFIT	BARTEK	19:15 - 19:45
FLEXIBILITY & MOBILITY WORKSHOP	FITNESS TEAM	19:45 - 20:15
PILATES	LISA	19:45 - 20:45

TUESDAY



SPIN & HIIT	BARTEK	06:45 - 07:45
SPARTAN RIPPED	FITNESS TEAM	08:00 - 08:30
LBT	KAYLEIGH	09:15 - 10:00
VINYASA YOGA	JEN	09:30 - 10:30
SPIN EXPRESS	KAYLEIGH	10:00 - 10:30
AEROBICS	JANET	10:30 - 11:30
VINYASA YOGA	JEN	10:30 - 11:30
AQUA AEROBICS	NICOLA	12:30 - 13:15
SPARTAN WARRIOR	FITNESS TEAM	17:30 - 18:00
BODY PUMP	JULIE	18:00 - 19:00
CIRCUITS	FITNESS TEAM	19:00 - 19:30
BOXING	FITNESS TEAM	19:30 - 20:00
DYNAMIC VINYASA FLOW	JOHN	19:00 - 20:00
EXPRESS STRETCH	FITNESS TEAM	20:00 - 20:20

WEDNESDAY



BODY PUMP	KATE	07:00 - 07:45
PILATES	MAUREEN	08:00 - 09:00
SPARTAN STRENGTH	FITNESS TEAM	08:00 - 08:30
SPIN & HIIT	EMMA	09:15 - 10:15
STRETCH & FLEX	RITA JANE	10:15 - 11:15
INTRO TO FREE WEIGHTS	FITNESS TEAM	10:30 - 11:00
YOUNG @ ♥	RITA JANE	11:15 - 12:15
YOGA FLOW	RITA JANE	12:15 - 13:15
KIDS SPARTAN	FITNESS TEAM	16:15 - 16:45
ASHTANGA YOGA	LORRAINE	18:00 - 19:00
BODY PUMP	JULIE	19:00 - 20:00
CIRCUITS	FITNESS TEAM	19:00 - 19:30
BOXING	FITNESS TEAM	19:30 - 20:00

THURSDAY



SPIN & ABS	BARTEK	06:45 - 07:45
SPARTAN WARRIOR	FITNESS TEAM	08:00 - 08:30
SPARTAN CORE	FITNESS TEAM	08:30 - 09:00
CYCLE REEBOK	CAROL	09:05 - 10:00
BODY PUMP	EMMA	10:00 - 11:00
AQUA AEROBICS	NICOLA	11:00 - 11:45
AEROBICS	EMMA	11:00 - 12:00
VINYASA YOGA	JENNY	11:00 - 12:00
TAI CHI	LEE	12:00 - 13:00
PILATES	MANOOSH	13:00 - 14:00
KIDS SPARTAN	FITNESS TEAM	16:15 - 16:45
KETTLEBELLS	FITNESS TEAM	18:15 - 18:45
HIIT	EMMA	18:15 - 19:00
SPIN	EMMA	19:00 - 19:45
HATHA YOGA FLOW	LORRAINE	20:00 - 21:00

FRIDAY



SPIN & CONDITIONING	KAYLEIGH	06:45 - 07:45
VINYASA YOGA	JEN	08:00 - 09:00
KETTLEBELLS	FITNESS TEAM	09:00 - 09:30
INTRO TO FUNCTIONAL TRAINING	FITNESS TEAM	10:00 - 10:30
BODY CONDITIONING	RITA JANE	09:15 - 10:00
STEP AEROBICS	RITA JANE	10:00 - 11:00
YOGA CORE FUSION	JEN	10:30 - 11:00
YOUNG @ ♥	EMMA	11:00 - 12:00
LBT	KAYLEIGH	12:00 - 13:00
PILATES	NICOLA	13:00 - 14:00
KIDS SPARTAN	FITNESS TEAM	16:15 - 16:45
EXPRESS STRETCH	FITNESS TEAM	17:30 - 17:50
BODY PUMP	JULIE	18:00 - 19:00
CIRCUITS	FITNESS TEAM	18:00 - 18:30
BOXING	FITNESS TEAM	18:30 - 19:00

EXPRESS SATURDAY

VINYASA YOGA	JEN	08:50 - 09:50
BODY PUMP	LISA	10:00 - 10:30
AEROBICS	LISA	10:30 - 11:00
LBT	LISA	11:00 - 11:30
SPARTAN CORE	FITNESS TEAM	12:00 - 12:30
EXPRESS STRETCH	FITNESS TEAM	12:30 - 12:50
SPARTAN WARRIOR	FITNESS TEAM	16:00 - 16:30
SPARTAN STRENGTH	FITNESS TEAM	17:00 - 17:30

SUNDAY



VINYASA YOGA	CAROLE	09:00 - 10:00
GOAL SETTING WORKSHOP	FITNESS TEAM	09:30 - 10:00
BOXFIT	BARTEK	10:00 - 10:45
SPIN	BARTEK	10:45 - 11:30
METAFIT	BARTEK	11:30 - 12:00
SPARTAN RIPPED	FITNESS TEAM	12:00 - 12:30
SPARTAN CORE	FITNESS TEAM	12:30 - 13:00
EXPRESS STRETCH	FITNESS TEAM	14:30 - 14:50