



@THEGYMATPARKLANDS



BOOK: 0141 639 9222

# WINTER 2025 TIMETABLE

INCLUDED IN MEMBERSHIP  
NON-MEMBERS: £7 PAYG

## MONDAY

LBT	VIV	9:15AM - 10AM
YOUNG @ HEART	LINDA	10AM - 11AM
PUMP	EMMA	11AM - 12PM
SPIN	EMMA	12:05PM - 12:50PM
YOGA	JEN HEB	1PM - 2PM
SCULPT & STRETCH	JEN HEB	5.15PM - 6.15PM
SPIN + FAT BLAST	NICOLA	6:30PM - 7:15PM
PILATES	NICOLA	7:30PM - 8:15PM

## TUESDAY

SPIN	SEAN	6:45AM - 7:30AM
YOGA	JEN HEB	9:15AM - 10:15AM
AEROBICS	JANET	10:15AM - 11:15AM
AQUA AEROBICS	SHARON	11:00AM - 11:45AM
PUMP	JULIE	6PM - 7PM
YOGALATES	EMMA	7:05PM - 8:05PM

## WEDNESDAY

SPIN + HIIT	NICOLA	6:45AM - 7:30AM
YOGA	HAZEL	8:00AM - 8:45AM
SPIN	EMMA	9:05AM - 9:50AM
STRETCH + ABS	EMMA	9:55AM - 10:30AM
YOUNG @ HEART	EMMA	10:30AM - 11:30AM
YOGA	LORRAINE	11:30AM - 12:30PM
PILATES	VIV	12:30PM - 1:15PM
PUMP	JULIE	6PM - 7PM
YOGA	JEN HEB	7:15PM - 8PM

## THURSDAY

SPIN	HAZEL	6:45AM - 7:30AM
SPIN + HIIT	CAROL	9AM - 10AM
PUMP	EMMA	10:15AM - 11:15AM
AQUA AEROBICS	NICOLA	10:30AM - 11:15AM
YOGA	JENNI	11:15AM - 12:15PM
PILATECISE + STRETCH	RITA-JANE	12:15PM - 1PM
SPIN	SEAN	6PM - 6:45PM
YOGA	JENNI	6:45PM - 7:45PM

## FRIDAY

SPIN XPRESS	HAZEL	8AM - 8:30AM
YOGA XPRESS	JEN HEB	9:15AM - 10AM
STEP AEROBICS	JANET	10:15AM - 11AM
YOUNG @ HEART	VIOLET	11AM - 12PM
PILATES	NICOLA	12PM - 12:45PM
PUMP	JULIE	5PM - 6PM

## SATURDAY

YOGA	JEN HEB	9AM - 10AM
SPIN	NICOLA	10:15AM - 11AM
CIRCUITS	PAMELA	11AM - 11.45PM

## SUNDAY

SPIN	SEAN	10:15AM - 11AM
ABS/CORE	SEAN	11AM - 11:30AM