



@THEGYMATPARKLANDS



BOOK: 0141 639 9222

SPRING 2026 TIMETABLE

INCLUDED IN MEMBERSHIP
NON-MEMBERS: £7 PAYG

MONDAY

LBT	VIV	9:15AM - 10AM
YOUNG @ HEART	EMMA	10AM - 11AM
PUMP	EMMA	11AM - 12PM
SPIN	EMMA	12:05PM - 12:50PM
YOGA	JEN HEB	1PM - 2PM
STRENGTH PILATES	JEN HEB	5.15PM - 6.15PM
SPIN + FAT BLAST	NICOLA	6:20PM - 7:05PM
PILATES	NICOLA	7:10PM - 7:55PM

TUESDAY

SPIN	SEAN	6:45AM - 7:30AM
EXPRESS SPIN	HAZEL	8.00AM - 8:30AM
YOGA	JEN HEB	9:15AM - 10:15AM
AEROBICS	JANET	10:15AM - 11:15AM
AQUA AEROBICS	NICOLA	10:00AM - 10:45AM
YOGALATES	EMMA	11:15AM - 12:15AM
BARRE	JEN HEB	12:35AM - 1:20PM
CIRCUITS	EVAN	5:10PM - 5:40PM
PUMP	JULIE	6PM - 7PM
ZUMBA	VIOLET	7:10PM - 8:10PM

WEDNESDAY

SPIN + HIIT	NICOLA	6:45AM - 7:30AM
YOGA	HAZEL	8:00AM - 8:45AM
SPIN	EMMA	9:05AM - 9:50AM
YOGALATES	EMMA	9:55AM - 10:30AM
YOUNG @ HEART	EMMA	10:30AM - 11:30AM
YOGA	LORRAINE	11:30AM - 12:30PM
HIIT CIRCUIT	TEAM	12:45PM - 1:15PM
BARRE XPRESS	JEN HEB	1:50PM - 2:20PM
PUMP	JULIE	6PM - 7PM
YOGA	JEN HEB	7:15PM - 8PM

THURSDAY

SPIN	HAZEL	6:45AM - 7:30AM
POWER YOGA	HAZEL	8:00AM - 8:45AM
SPIN + HIIT	CAROL	9AM - 10AM
PUMP	EMMA	10:15AM - 11:15AM
AQUA AEROBICS	VIOLET	10:00AM - 10:45AM
YOGA	JENNI	11:15AM - 12:15PM
PILATES - FUSION	RITA-JANE	12:15PM - 1.15PM
SPIN	SEAN	6PM - 6:45PM
YOGA	GILLIAN	6:50PM - 7:50PM

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
SPIN	SEAN	12:15PM - 1PM
STRETCH & ABS	SEAN	1PM - 1:30PM
BARRE XPRESS	JEN HEB	2PM - 2:30PM#
PUMP	JULIE	5:15PM - 6:15PM

SATURDAY

YOGA	JEN HEB	9AM - 10AM
SPIN	PAUL	10:15AM - 11AM
PUMP	JULIE	11.15AM - 12.15PM

SUNDAY

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