

AUTUMN 2026

TIMETABLE

INCLUDED IN MEMBERSHIP
NON-MEMBERS: £7 PAYG

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.45							
7.00		SPIN WITH NICOLA	SPIN + HIIT WITH NICOLA	SPIN WITH HAZEL			
7.15							
7.30							
7.45							
8.00		EXPRESS SPIN WITH NICOLA	YOGA WITH HAZEL	YOGA WITH HAZEL	EXPRESS SPIN WITH HAZEL		
8.15							
8.30							
8.45							
9.00							
9.15							
9.30	STEP AEROBICS WITH VIV	YOGA WITH JEN	SPIN WITH EMMA	SPIN + HIIT WITH CAROL	EXPRESS YOGA WITH JEN	YOGA WITH JEN	
9.45							
10.00	YOUNG @ HEART WITH EMMA	AEROBICS WITH JANET	YOUNG @ HEART WITH EMMA	PUMP WITH EMMA	STEP AEROBICS WITH JANET	SPIN WITH PAUL	SPIN WITH PAUL
10.15		AQUA AEROBICS WITH NICOLA		AQUA ZUMBA WITH VIOLET			
10.30							
10.45							
11.00	PUMP WITH EMMA	YOGALATES WITH EMMA	YOGA WITH LORRAINE	YOGA WITH JENNI	YOUNG @ HEART WITH VIOLET	PUMP WITH JULIE	
11.15							
11.30							
11.45							
12.00	SPIN WITH EMMA	PELVIC WELLNESS WITH EMMA		PILATES-FUSION WITH RITA-JANE			
12.15							
12.30							
12.45							
13.00	YOGA WITH JEN						
13.15							
13.30							
13.45							
14.00			BARRE EXPRESS WITH JEN		BARRE EXPRESS WITH JEN		
14.15							
14.30							
14.45							
15.00							
15.15							
15.30							
15.45							
16.00							
16.15							
16.30							
16.45							
17.00							
17.15		BARRE WITH JEN					
17.30	SCULPT & STRETCH WITH JEN				PUMP WITH JULIE		
17.45							
18.00							
18.15	SPIN & FAT BLAST WITH NICOLA	PUMP WITH JULIE	PUMP WITH JULIE	YOGA WITH GILLIAN			
18.30							
18.45							
19.00	PILATES WITH NICOLA	ZUMBA WITH VIOLET	YOGA WITH JEN				
19.15							
19.30							
19.45							
20.00							
20.15							