

## MONDAY

CLASS NAME	DURATION	LEVEL	START TIME	END TIME
SPIN	45	ALL	0930	1015
AEROBICS	60	ALL	0930	1030
SYNERGIZE YOGA	60	ALL	1030	1130
PUMP FX	45	ALL	1730	1815
SPIN	45	ALL	1815	1900
PUMP FX	60	ALL	1815	1915
KINESIS	45	ALL	1915	2000

## TUESDAY

CLASS NAME	DURATION	LEVEL	START TIME	END TIME
PUMP FX	45	ALL	0930	1015
SPIN	45	ALL	1030	1130
PILATES	60	ALL	1030	1130
STOMP FX	55	ALL	1800	1855
SPIN	45	ALL	1815	1900
ABS BLAST	25	ALL	1900	1925

## WEDNESDAY

CLASS NAME	DURATION	LEVEL	START TIME	END TIME
EXPRESS SPIN (V)	40	ALL	0630	0710
AEROBICS	60	ALL	0930	1030
AEROBICS	45	ALL	1745	1830
SPIN	45	ALL	1745	1830
PUMP FX	60	ALL	1830	1930

## THURSDAY

CLASS NAME	DURATION	LEVEL	START TIME	END TIME
PUMP FX	45	ALL	0930	1015
SPIN	45	ALL	1030	1130
BLAST FX	45	ALL	1745	1830
SPIN	45	ALL	1815	1900
STOMP FX	60	ALL	1830	1930

## FRIDAY

CLASS NAME	DURATION	LEVEL	START TIME	END TIME
EXPRESS SPIN (V)	40	ALL	0930	1010
AEROBICS	60	ALL	0930	1030
SPIN (V)	40	ALL	1000	1040
SPIN (V)	40	ALL	1200	1240
PUMP FX	60	ALL	1730	1830

## SATURDAY

CLASS NAME	DURATION	LEVEL	START TIME	END TIME
STOMP FX	55	ALL	0930	1025
SPIN	45	ALL	0930	1015
PUMP FX	60	ALL	1030	1130
SPIN	40	ALL	1200	1240

## SUNDAY

CLASS NAME	DURATION	LEVEL	START TIME	END TIME
PUMP FX	45	ALL	1000	1045
SYNERGIZE YOGA	60	ALL	1100	1200

all classes may be booked two days in advance. (V)= Virtual spin; Virtual also available at a time to suit you, just ask the gym team. Please note: some classes may be withdrawn or cancelled at short notice beyond our control.

**Studio for hire** - Please contact reception.

# TIME TABLE

**ADVERTISE YOUR BUSINESS HERE  
CONTACT THE CLUB MANAGER FOR DETAILS**

CLUB CLASS

