

GROUP EXERCISE TIMETABLE

 **OCTOBER 2026**

- ✓ Pay as you go
- ✓ No memberships
- ✓ Easy bookings

 **TEXT**
07709 594 947

Mondays	Duration	Class			Description	Fee
9:15-10:00am	45 min	Strength Training			Barbell weights, dumbbells	£8
10:00-11:00am	60 min	Pilates- Beginners NEW			Pilates with resistance ring	£8
11:00-11:45am	45 min	Zumba Dance			Latin, salsa, fun dance fitness	£7
12:00-12:45pm	45 min	Strength Training			Barbell weights, dumbbells	£8
13:00-13:45pm	45 min	Pilates- Chair Based			Beginner friendly class no kneeling	£8
17:00-17:45pm	45 min	Spin			High energy fat burn spin workout	£8
17:50-18:30pm	40 min	Fit Ball			High definition core & glute toning	£7
18:30-19:15pm	45 min	Strength Training			Barbell weights, dumbbells	£8
19:15-20:00pm	45 min	H.I.I.T Fitness & Fat Loss			Tabata for zone 5 fitness & fat burn	£8
20:00-21:00pm	60 min	Pilates- All Levels NEW			Pilates with resistance ring	£8
Tuesdays						
9:15-10:15am	60 min	Pilates- Improvers			Pilates with resistance band	£8
10:30-11:15am	45 min	Spin			Motivating music indoor cycle workout	£8
11:30-12:15pm	45 min	Chair Exercise			Strength, mobility & mini ball	£5
17:15-18:15pm	60 min	Pilates- Improvers			Pilates with mini ball	£8
18:15-19:00pm	45 min	Sassy Step			Aerobic step class with sass & smiles	£8
19:00-19:45pm	45 min	Strength Training			Barbell weights, dumbbells	£8
20:00-20:45pm	45 min	Spin			High energy fat burn spin workout	£8
Wednesdays						
17:00-17:45pm	45 min	Spin			High energy fat burn spin workout	£8
18:00-19:00pm	60 min	Strength Training & H.I.I.T			Barbell weights, dumbbells & cardio	£8
19:00-19:45pm	45 min	Strength Training			Barbell weights, dumbbells	£8
20:00-20:45pm	45 min	Spin			High energy fat burn spin workout	£8
Thursdays						
8:00-8:45am	45 min	Spin			Motivating music indoor cycle workout	£8
9:00-10:00am	60 min	Strength Training & H.I.I.T			Barbell weights, dumbbells & cardio	£8
10:00-10:45am	45 min	Spin			Beginner friendly, indoor cycling class	£8
10:45-11:30am	45 min	Strength Training 50+ NEW			Dumbbells only, joint friendly class	£8
11:30-12:15pm	45 min	Dance Fitness			Learn, move, get fit, feel good dance	£7
17:00-17:45pm	45 min	Spin NEW			High energy fat burn spin workout	£8
17:45-18:30pm	45 min	Strength Training			Barbell weights, dumbbells	£8
18:30-19:00pm	30 min	H.I.I.T Fitness & Fat Loss NEW			Tabata for zone 5 fitness & fat burn	£8
19:00-19:45pm	45 min	Fit Ball NEW			High definition core & glute strength	£7
Fridays						
8:00-8:45am	45 min	Spin			High energy fat burn spin workout 4x4	£8
9:15-10:00am	45 min	Strength Training			Barbell weights, dumbbells	£8
10:15-11:00am	45 min	Broadway Blitz Dance Fitness			Movies & musicals glitz & razzamatazz	£7
11:00-12:00pm	60 min	Pilates- Total Beginners			Posture, stability, flexibility & balance	£8
12:15-13:00pm	45 min	Chair Exercise			Strength, mobility & resistance bands	£5
17:15-18:00pm	45 min	Spin & Ab Toning NEW			Fast fat burn with ab toning mat work	£8
18:00-19:00pm	60 min	Bootcamp			Strength, cardio, plyometrics & H.I.I.T	£8
Saturdays						
8:00-9:00am	60 min	Strength Training & H.I.I.T			Barbell weights, dumbbells & cardio	£8
9:15-10:00am	45 min	Spin			High energy aerobic zones spin class	£8
17:00-18:00pm	60 min	Spin			Build fitness & burn fat faster class	£8



40+ Classes each week



Suitable for beginners & more experienced



Flexible times to fit your lifestyle



Fat Loss, burn calories & boost mood



Build muscle strength, tone up & condition



Improve cardio fitness & stamina



Gentle on joints, big on results



Reduce stress & improve mental well-being



Improve mobility, stability & balance



Low impact, high energy & motivating music



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