

GROUP FITNESS TIMETABLE

MAIN STUDIO

	MON	TUE	WED	THU	FRI	SAT	SUN
5.45 AM		BODYPUMP* 45 mins			BODYPUMP* 45 mins	BODYPUMP* 45 mins	
8.30 AM		BODYPUMP* 45 mins				BODYATTACK 45 mins	BODYPUMP* 45 mins
9.20 AM	BODYCOMBAT 45 mins	CLUB FIESTA 45 mins	BODYATTACK 45 mins	BODYCOMBAT 45 mins	ABT 45 mins	ZUMBA 45 mins	BODYCOMBAT 45 mins
10.10 AM	BODYPUMP* 45 mins	BOX FIT* 45 mins	BODYBALANCE 60 mins	BODYPUMP* 45 mins	YOGA 60 mins	BODYBALANCE 60 mins	YOGA 60 mins
11.00 AM	YOGALATES 60 mins	PILATES 60 mins		YOGALATES 75 mins			
5.15 PM	BODYPUMP* 45 mins	BODYCOMBAT 45 mins	CLUBBERCISE* 45 mins	CLUB FIESTA 45 mins	BODYBALANCE 60 mins		
6.15 PM	ZUMBA 45 mins	BODYPUMP* 45 mins	BODYPUMP* 45 mins	BOX FIT* 45 mins			
7.15 PM	YOGA 60 mins	BODYBALANCE 60 mins	PILATES 60 mins	PILATES 60 mins			

STUDIO 2

	MON	TUE	WED	THU	FRI
5.10 AM	OMNIA 30 mins		OMNIA 30 mins		OMNIA 30 mins
5.30 AM		OMNIA 30 mins		OMNIA 30 mins	
5.45 AM	RPM 45 mins		RPM 45 mins		RPM 45 mins
6.15 AM		OMNIA 30 mins		OMNIA 30 mins	
6.35 AM	OMNIA 30 mins		OMNIA 30 mins		OMNIA 30 mins
8.45 AM		OMNIA 30 mins		OMNIA 30 mins	OMNIA 30 mins
9.15 AM	OMNIA 30 mins				
9.30 AM		RPM 45 mins	OMNIA STRONG 45 mins		RPM 45 mins
10.00 AM	OMNIA 30 mins				
10.45 AM	OMNIA SENIOR 30 mins		OMNIA SENIOR 30 mins		OMNIA SENIOR 30 mins
4.40 PM	OMNIA 30 mins	OMNIA 30 mins	OMNIA STRONG 45 mins		
5.20 AM				RPM 45 mins	OMNIA 30 mins
5.30 PM	OMNIA STRONG 45 mins	OMNIA 30 mins			
6.15 PM			RPM 45 mins	OMNIA STRONG 45 mins	

	SAT	SUN
7.30 AM	OMNIA 30 mins	
8.10 AM	RPM 45 mins	
9.05 AM	RPM 45 mins	OMNIA 45 mins
10.00 AM	OMNIA STRONG 45 mins	

HEALTH CLUB

	MON	TUE	WED	THU	FRI
10.30 AM	STRENGTH FOR LIFE 120 mins		STRENGTH FOR LIFE 120 mins		STRENGTH FOR LIFE 120 mins
3.30 PM	FITNESS FOR TEENS 90 mins	FITNESS FOR TEENS 90 mins	FITNESS FOR TEENS 90 mins	FITNESS FOR TEENS 90 mins	

AQUA FITNESS

	MON	TUE	WED	THU	FRI
8.40 AM	AQUA STRENGTH 45 mins	AQUA FIT 45 mins	AQUA ENERGY 45 mins		AQUA STRENGTH 45 mins
9.30 AM	AQUA ENERGY 45 mins		AQUA FIT 45 mins	AQUA ENERGY 45 mins	AQUA HIIT 45 mins
5.30 PM				AQUA FIT 45 mins	
6.15 PM			AQUA ENERGY 45 mins		
6.25 PM				AQUA DEEP 45 mins	

	SAT	SUN
8.40 AM	AQUA DEEP 45 mins	
9.15 AM		AQUA FIT 45 mins
9.30 AM	AQUA ENERGY 45 mins (outside)	

*Please note that Body Pump classes are suitable for 16 years and over and Clubbercise classes are suitable for 18 years and over only.

Boxing inners must be worn if borrowing our gloves and pads. Inners can be purchased at reception, or alternatively you can bring your own pads and gloves to use.

This timetable is current as of 24th October 2022.

Please note that classes are regularly reviewed and are subject to change at any time.

ABT

Let's work your Abs, Butts and Thighs! This is a freestyle workout to help strengthen and tone your whole lower body.

BODYATTACK

A high energy cardio class to improve cardiovascular fitness and endurance.

BODYBALANCE

A Yoga based class that incorporates Tai-Chi and Pilates movements. Body Balance will strengthen and lengthen your entire body, leaving you feeling calm and centered.

BODYCOMBAT

A high-energy, mixed martial art inspired, non-contact workout. Punch and kick your way to fitness.

BODYPUMP

The original Les Mills barbell class that strengthens and tones your entire body using weights and a Les Mills Smart Bar.

*16 years and above

CLUBBERCISE

Held in the dark and using glow sticks as fun props, improve your fitness with easy to follow dance, combat and cardio moves to club anthems from the 90's to today.

*18 years and above

BOX FIT

This is a fun, total body workout inspired by boxing combos with pads and gloves and other circuit-based exercises. This is a boxing for fitness class where all abilities are welcomed. Bring a partner or buddy up with someone in the class, and please make sure you bring your own inners, or your own pads and gloves.

CLUB FIESTA

A fun, dance-inspired workout with great music to get your whole body moving! Suitable for all levels, you'll dance, box, squat, crunch and sing in this class - who said workouts couldn't be fun?

PILATES

Develop muscle, tone and improve posture and alignment throughout your body. Pilates can help correct weaknesses, prevent injury and enhance core strength.

YOGA

Wind down and work on your flexibility and strength. Focus on your breathing and mental awareness while working through postures to keep you calm and centred.

YOGALATES

This class is a therapeutic and restorative combination of Tai Chi, Yoga, Pilates and Physio rollers to manage pain and old injuries. Calm your mind, body and soul with a guided meditation at the end of the class.

ZUMBA

Take the 'work' out of workout and have some fun! Dancing to a mixture of rhythms with easy moves, this class is fun, energetic.

AQUA DEEP

Held in our outdoor 50m pool, participants use a buoyancy belt to stay afloat in the deep end of the pool. A great workout to help improve fitness and core stability.

AQUA ENERGY

Held in our indoor 25m pool, this is a high energy workout class designed for all fitness levels to help improve cardiovascular fitness and stamina.

AQUA FIT

Held in our indoor 25m pool, this is a water based workout suitable for all fitness levels. Using a variety of equipment and body weight, participants can control the intensity of their workout dependent on their fitness level.

AQUA HIIT

Held in our indoor 25m pool, this is a high intensity workout focusing on interval training to improve cardiovascular fitness fast!

AQUA STRENGTH

Held in our indoor 25m pool, this low intensity class uses a variety of equipment for a total body workout, designed to improve strength and core stability.



FITNESS FOR TEENS

This session is designed for 12-17 year olds and is based on each individual's goals. Participants are required to book in for a program consultation at the Health Club prior to joining this session.

STRENGTH FOR LIFE

Strength For Life is developed for people aged 55 years and over and is specifically prescribed based on individual needs and goals to improve overall health and fitness. Participants are required to book in for a program consultation at the Health Club prior to attending this session.

OMNIA

A functional training class that helps to optimise strength, endurance, flexibility, coordination and speed. Designed for small groups up to 12 people, providing the benefits of group training whilst still receiving individual attention from our instructors.

OMNIA SENIOR

A low impact functional training session designed specifically for seniors and complete beginners.

OMNIA STRONG

A slightly more intense version of our popular Omnia class, designed for more experienced users and concentrating on strength and conditioning.

RPM

An indoor cycling class set to the rhythm of motivating music. Ride through different terrains to burn calories and increase cardiovascular fitness.