

Fitness Classes

Valid from 11th April 2022

| Monday | Time | Location | Non-Member Price |
|--------------|---------------|-------------|------------------|
| Spin Bike | 18:30 - 19:15 | Pavillion | £8 |
| Pilates | 19:00 - 20:00 | Beardwood | £6 |
| Body Tone | 19:30 - 20:15 | Sports Hall | £6 |
| Tuesday | | | |
| HIIT | 18:40 - 19:10 | Sports Hall | £4 |
| Yoga | 19:00 - 20:30 | Beardwood | £8 |
| Spin Bike | 19:15 - 20:00 | Pavillion | £8 |
| Pilates | 20:10 - 21:10 | Pavillion | £6 |
| Wednesday | | | |
| Yoga | 18:30 - 20:00 | Beardwood | £8 |
| Drum & Tone | 18:30 - 19:00 | Pavillion | £4 |
| Aqua Fit | 19:05 - 19:50 | Pool | £6 |
| Spin Bike | 19:15 - 20:00 | Pavillion | £8 |
| Box Fit | 20:10 - 21:10 | Sports Hall | £6 |
| Thursday | | | |
| Cross HIIT | 18:30 - 19:00 | Sports Hall | £4 |
| Spin Express | 19:00 - 19:30 | Pavillion | £6 |
| Circuits | 19:30 - 20:15 | Sports Hall | £6 |
| Saturday | | | |
| Spin Bike | 08:15 - 09:00 | Pavillion | £8 |
| Circuits | 09:00 - 10:00 | Pavillion | £6 |
| Sunday | | | |
| Spin Bike | 09:15 - 10:00 | Pavillion | £8 |

Please scan to book classes
on our member portal

