

Fitness Classes

The Venue

Accurate as of 19/05/2024

Times for Monday 22 April



Time	Session	Facility
07:00 - 07:45	Stages Cycle Virtual	Indoor Cycling Studio
09:15 - 10:00	Total Body Workout	Studio 1
10:10 - 11:00	Stages Cycle	Indoor Cycling Studio
10:15 - 11:15	Body Conditioning	Studio 1
11:30 - 12:30	Yoga	Studio 1
12:00 - 12:45	Aqua Aerobics	Teaching Pool (12.5m)
12:45 - 13:45	Pilates	Studio 1
17:30 - 18:30	Les Mills BODYPUMP™	Studio 1
18:15 - 19:00	Stages Cycle	Indoor Cycling Studio
18:45 - 19:45	Pilates	Studio 1
19:15 - 20:00	HIIT	Studio 2
19:30 - 20:30	Deep Water Aqua Aerobics	Teaching Pool (12.5m)
19:50 - 20:50	Zumba®	Studio 2