

St Ives fitness class timetable

One Leisure St Ives

Accurate as of 03/10/2026

Times for Wednesday 7 October



Time	Session	Facility
7:00 am - 8:00 am	Pilates	Studio 1
9:15 am - 10:15 am	Kettlebells	Studio 1
9:30 am - 10:30 am	RightStart Cycle	Cyclone Studio
10:15 am - 11:15 am	20/20 Tone	Studio 1
11:15 am - 12:15 pm	Pilates	Studio 2
2:00 pm - 3:00 pm	RightStart 5	Studio 1
4:00 pm - 5:00 pm	Over 60's Club	Sports Hall
5:00 pm - 5:50 pm	Body Burner	Studio 1
6:00 pm - 6:50 pm	Cycle HIIT Freestyle	Cyclone Studio
6:00 pm - 6:50 pm	Coach By Colour	Cyclone Studio
6:00 pm - 6:55 pm	Bars & Bells	Studio 1
7:00 pm - 8:00 pm	Pilates	Studio 1