

Group Exercise Timetable - Updated May 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 BOOT CAMP 9:30-10:15 Emma	 YOGA 8:30-09:15 Chris	 BOXFIT 09:30-10:15 Matt	 HIIT 09:15-09:45 Alton	 CARDIO 09:30-10:30 Audra	 BODYPUMP 09:15-10:15 Clement	
 YOGA 10:30-11:30 Kim	 SPIN 09:30-10:00 Laura	 CORE 10:15 - 10:45 Matt	 BODY CONDITIONING 09:45-10:15 Alton	 STRETCH 10:30-11:30 Audra		
 FIT EX 18:00 - 19:00 Maria	 BODY CONDITIONING 10:00-11:00 Laura		 FIT EX 10:30 - 11:30 Maria			
	 CIRCUITS 18:00 - 19:00 Tom/Amy		 BOXFIT 18:00 - 18:45 Matt			

Call to book your class:
01676526107

STRENGTH AND CONDITIONING

BODYPUMP

A class using barbells, dumbbells and plates to target large muscle groups whilst challenging the heart rate.

BODY CONDITIONING

Tone up & improve your aerobic fitness, strength, stamina, endurance. A fun and challenging class using calisthenics and light

CIRCUITS

Traditional circuits class using several stations with various equipment. Focuses on cardio, core and strength & conditioning – A whole body workout.

BOOT CAMP

Offers a total body workout that can help develop stamina, endurance, and mobility.

CARDIO

BOXFIT

High intensity cardio workout based on boxing, using gloves & pad work.

SPIN

Group indoor cycling class focusing on speed, strength & endurance. Choreographed to work every major muscle group in the legs.

HIIT

A fast-paced workout that alternates between short bursts of intense exercise and brief recovery periods. It's designed to push your endurance and strength, helping you burn fat, build muscle, and improve overall fitness in a short amount of time.

HOLISTIC

YOGA

Focusing on breathing, controlled movement & stretching to benefit the mind body & soul. Perfect for all levels, age, gender & flexibility.

CORE

A short, intense core workout to strengthen the back & abs. as well as improving posture.

STRETCH

Low impact strength, mobility & stretching styles. Controlled movements with awareness & focus on breath & posture. Suitable for all.

DANCE

FIT EX

A Medium -High Intensity class designed to work the whole body with ease. Combining Cardio, Strength & Core

Class Descriptions