

FITNESS CLASSES



More classes than ever before to get you moving!

Open to everyone - choose your level and work at your own pace.

Booking essential - members can reserve their place online, non-members can book by contacting reception.

DAY	TIME	CLASS	CLASS LENGTH
Monday	18:00	Pump	45 mins
Tuesday	06:45	Spin Express	30 mins
Tuesday	18:00	Pump & Spin	45 mins
Wednesday	18:00	Spinning	45 mins
Wednesday	19:00	HIIT	30 mins
Thursday	18:00	Core Blast	30 mins
Thursday	19:00	Pump	45 mins
Friday	06:45	Bootcamp	30 mins
Friday	18:00	Spinning	45 mins
Sunday	09:30	Spinning	45 mins

Studio Available to Any Members When Free!

Free to all gym members
Affordable membership options from £24.99 per month
£6 per class for non-members

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