

FITNESS CLASSES

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

Studio Available to Any Members When Free!

Every class is open to all – workout at your own intensity!

Booking essential.

Members can book via app or website; non-members can book by contacting us.