



Current Timetable

Subject to changes

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
MORNING			9.00-10.00	Running Club	6.45-7.15	Early Bird Spin								
	9.30-10.00	Spin Blast	10.00-10.45	Spin	9.30-10.00	Spin Blast	10.00-10.45	Spin	10.00-10.45	Spin	11.00-11.00	Running Club		
	10.00-10.40	Body Blitz	10.45-11.30	Intense Body Shock	10.00-10.40	20/20	10.45-11.15	Ab Attack	10.45-11.30	Aqua	11.00-11.45	Spin	11.00-11.45	Spin
	10.45-11.30	Aqua			10.45-11.30	Aqua					11.45-12.10	Ab Attack	11.45-12.10	Ab Attack
EVENING														
	17.30-18.00	Spin Blast	17.30-18.00	Spin Blast			17.00-18.00	Running Club						
	18.00-18.25	Ab Attack	18.00-18.25	Ab Attack	18.00-18.45	Spin	18.00-18.25	Ab Attack	18.30-19.00	Begin 2 Spin				
	18.30-19.15	Spin	18.30-19.15	Spin	18.45-19.00	Ab Blast	18.30-19.15	Spin						
	19.30-20.00	TRX Burst												
	20.00-20.30	Late night Spin	20.00-20.45	Aqua	20.00-20.45	Intense Body Shock	20.00-20.45	Aqua						

GROUP EXERCISE BREAKDOWN

- CARDIOVASCULAR ENDURANCE** – Improve your fitness with dynamic exercise.
- AEROBIC / TONING WORKOUT** – Fitness and muscular training class. Great for keeping in shape.
- WATER WORKOUT** – Low impact workout that uses all the muscles of the body.

GROUP EXERCISE INFORMATION

- WATER: Remember Hydration is key during exercise so don't forget your Water!
- TOWEL: Don't forget your towel – You'll Need It!!
- STUDIO: Please contact reception for studio details
- ETIQUETTE: Please remember to replace equipment after use and Pre-Book our 6.30pm Spins from 1pm on the day.