



Class Timetable

Monday to Friday - 6.30am to 9pm | Saturday - 9am to 6pm | Sunday & Bank Holiday - 10am to 6pm

Monday

- 7.15 Spin Express
- 1.15 BoxFit (Felipe)
- 6pm Crossfit (Felipe)
- 6.15 Spin (Karine)
- 7.10 Pilates (Karine)

Tuesday

- 7.15 HIIT
- 10.15 AquaFit
- 1pm Pilates (Karine)
- 1.10 Kettlebells & TRX
- 6.30 Function Training

Wednesday

- 7.15 Yoga
- 7.15 Spin Express
- 11am Kettlebells & TRX
- 1.10 HIIT
- 6pm BoxFit (Felipe)
- 6.15 Spin (Karine)
- 7.10 Pilates (Karine)

Thursday

- 7.15 Functional Training
- 10.15 AquaFit
- 1pm Spin Express
- 6.30 Kettlebells & TRX
- 7.15 Self Defence (Pietro)

Friday

- 7.15 Spin Express
- 1.10 Functional Training
- 6.15 BoxFit (Felipe)
- 6.30 Spin

Saturday

- 10am Pilates (Karine)
- 11am Spin (Karine)
- 2pm Kettlebells & TRX

Sunday

- 11.15 Kettlebells & TRX

No Booking Necessary - First Come, First Served.

Dumbbells, plates & belts etc. must be returned to their correct storage location.

Towels must ALWAYS be used when exercising on any benches or seated machines.