



Class Timetable

Please check the start times of each individual activity

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:30							
07:00		Studio Cycle with CAOLAN Indoor 06:45-07:30					
07:30							
08:00	Studio Cycle with SIMON Indoor 07:30-08:15	Purna Yoga with ELLIE Virtual 07:30-08:15	Studio Cycle with SIMON 07:30-08:15		Studio Cycle with PETRA 07:30-08:15		
08:30		Studio Cycle with CAOLAN Indoor 08:00-08:45	Core with ELLIE Virtual 07:30-08:15	Studio Cycle with PETRA 08:00-08:45		Studio Cycle with PETRA 08:00-08:45	
09:00							
09:30	Fit & Functional with KATE Outdoor 09:00-10:00						Studio Cycle with SIMON/PETRA Inside 09:00-09:45
10:00		Aqua Aerobics with PETRA 09:45-10:30	Circuits with LILY Outside 09:30-10:30				
10:30			Circuits with RICHARD Outdoor 09:30-10:30	Aqua Aerobics with JOANNA 09:45-10:30	Circuits with PETRA Outside 09:30-10:30	Circuits with RICHARD Outdoor 09:30-10:30	Aqua Aerobics with JOANNA 09:45-10:30
11:00	Fit For Men with PETRA 10:45-11:45 <small>Age UK mems. only</small>	Aqua Aerobics with MARIYA 10:45-11:30		Aqua Aerobics with JOANNA 10:45-11:30		Aqua Aerobics with JOANNA 10:45-11:30	
11:30						Legs, Bums & Tums with PETRA Inside 10:15-11:00	Pilates with ZOE Virtual 10:00-11:00
12:00						Yang to Yin Yoga Inside 11:15-12:15	Hatha Yoga with JANE Outdoors 11:00-12:15
12:30			Pilates with ELLIE Outside 12:15-13:15				
13:00							
13:30					Pilates with CAROLINE Outside 13:00-14:00		
14:00	Pilates with TAMMY Outdoor 13:15-14:15						
14:30							
15:00							
15:30							
16:00							
16:30							
17:00							
17:30							
18:00							
18:30	Zumba Pilar Inside 18:15-19:15	Studio Cycle with AOIFE Inside 18:15-19:00	Legs, Bums & Tums with PETRA Inside 18:00-19:00				
19:00				Pilates with ELLIE 17:45-18:45			
19:30							
20:00	Yang to Yin Yoga Inside 19:30-20:30	Iyengar Yoga Inside 19:45-21:00	Studio Cycle with PETRA Inside 19:00-20:00				
20:30							
21:00							