

M	Fitness on Demand		Synrgy	Body Sculpt	Hatha Yoga	Cardiac Rehab Phase 4	Progress Circuits (GP)	Circuits	Spin	Ab Attack	Box Circuits	Beginner Pilates	Body Blitz	
	7.30-8.30	8.30-9.30	9.30-10.00	12.15-13.00	12.15-13.15	13.15-14.15	14.30-15.30	17.00-17.55	17.15-18.00	18.00-18.30	18.00-18.45	18.30-19.15	18.30-19.30	
T	Synrgy				Mixed Pilates	Circuits	Synrgy			Spin	Beginner Pilates	Spin & Ab Blast	Body Conditioning	Intermediate Pilates
	9.30-10.00				12.30-13.15	12.15-12.55	14.30-15.00			17.45-18.30	18.30-19.15	18.30-19.30	19.30-20.30	19.30-20.30
W	Spin	Fitness on Demand		Synrgy	Spin			Body by Design	BOOT CAMP or TRIM TRAIL			Body Blitz	Spin & Abs Blast	
	7.30-8.15	8.30-9.30	9.30-10.00	9.30-10.00	12.15-13.00			17.15-18.00	18.00-19.00			18.00-19.00	19.15-20.15	
T	Synrgy				Mixed Pilates	Circuits	Hatha Yoga	Synrgy		Spin	Circuits	Intermediate Pilates	Spin & Abs Blast	Beginner Pilates
	09.30-10.00				12.15-13.00		12.15-13.15	14.30-15.00	17.15-18.00		17.30-18.25	18.00-18.45	18.00-19.00	19.00-19.45
F					Mixed Pilates	LBT					Synrgy			
					12.15-13.00	12.30-13.15					19.00-19.30			
S			BOOT CAMP or TRIM TRAIL											
			9.00-10.00											

NEW for Summer 2017 - Boot Camp & Trim Trail sessions

This summer, we've added two new, exciting, and high intensity classes designed to take your fitness to the next level. Whether you're training for an obstacle race or just enjoy the outdoors, these sessions are great for everyone and cater for every fitness level. Sessions alternate each week to keep you on your toes (call reception prior to booking to find out which session is on).

Please note although sessions have been risk assessed, these classes take part outside where conditions change on a session by session basis. Classes will take place in most weather conditions however are subject to change depending on the severity of the conditions. Please wear appropriate clothing and footwear and be prepared to get wet and/or muddy!