

CLASS SCHEDULE

DAY	CLASS	TIME	LOCATION	INSTRUCTOR
MONDAY	HIIT Spin	06:30–07:15	Spin Studio	Thomas
	Dance & Tone	09:00–09:45	Studio 1	Cara
	Les Mills Body Pump	10:00–10:45	Studio 1	Janet
	Core & Stretch	11:00–11:30	Studio 1	Sinead
	Spin	11:00–11:45	Spin Studio	Jennie
	Aqua	11:00–11:45	Pool	Janet
	Aqua	12:00–12:45	Pool	Cara
	Vinyasa Flow Yoga	12:30–13:30	Studio 1	Sara
	Tai Chi	12:30–13:30	Studio 2	Patsy
	Core & Stretch	17:30–18:00	Studio 2	Sinead
	C.S.B–Fit	17:30–18:15	Studio 1	Jennie
	Rhythm Spin	18:00–18:45	Spin Studio	Ian
	Les Mills Body Pump	18:30–19:15	Studio 1	Thomas
	Zumba	18:30–19:15	Studio 2	Cara
	Pilates	19:30–20:30	Studio 1	Sheena
TUESDAY	Circuits	06:15–07:00	Studio 1	Martin
	Pilates	09:45–10:45	Studio 1	Sheena
	Abs Attack	9:00–9:30	Studio 1	Sinead
	SPIN by COLOUR	10:45–11:30	Spin Studio	Jennie
	Lower Body Conditioning	11:00–11:45	Studio 1	Sinead
	Vinyasa Flow Yoga	12:00–13:00	Studio 1	Sara
	HyCross Circuits	17:15–18:00	Studio 1	Jennie
	Barre	17:30–18:15	Studio 2	Kirsty
	Spin	18:15–19:00	Spin Studio	Jennie
	Les Mills Body Combat	18:15–19:00	Studio 1	Ashley
	Barre	18:30–19:15	Studio 2	Kirsty
	Barre	19:30–20:15	Studio 2	Kirsty
	Seasonal Yoga	19:30–20:30	Studio 1	Ronnie
WEDNESDAY	Spin	06:30–07:15	Spin Studio	Thomas
	Gentle Yoga	07:30–08:30	Studio 1	Jac
	Barre	09:00–09:45	Studio 2	Kimberley
	Aqua	09:15–10:00	Pool	Kirsty
	C.S.B–Fit	09:30–10:15	Studio 1	Jennie
	Barre	10:00–10:45	Studio 2	Kimberley
	Zumba	10:30–11:30	Studio 1	Maureen
	Vinyasa Flow Yoga	11:45–12:45	Studio 1	Sara
	Tai Chi	13:00–14:00	Studio 1	Patsy
	Circuits	17:15–18:00	Studio 1	Martin
	Spin	17:30–18:15	Spin Studio	Thomas
	Seasonal Yoga	18:00–19:00	Studio 2	Ronnie
	Les Mills Body Pump	18:30–19:15	Studio 1	Thomas
	Pilates	19:30–20:30	Studio 1	Sheena
THURSDAY	Les Mills Body Pump	06:30–07:15	Studio 1	Kirsteen
	Step Pump	09:45–10:45	Studio 1	Maureen
	Spin	09:45–10:30	Spin Studio	Ian
	Pilates	11:00–12:00	Studio 1	Sheena
	Barre	18:30–19:15	Studio 2	Shona
	SPIN by COLOUR	18:30–19:15	Spin Studio	Ian
	Seasonal Yoga	19:30–20:30	Studio 1	Ronnie
FRIDAY	Box Circuits	06:30–07:15	Studio 1	Martin
	Aqua	08:30–09:15	Pool	Kirsty
	Barre	09:00–10:00	Studio 2	Kimberley
	Barre	10:00–11:00	Studio 2	Kimberley
	Cardio Combat	10:00–10:45	Studio 1	Janet
	Aqua	11:00–11:45	Pool	Janet
	Spin	11:00–11:45	Spin Studio	Jennie
	Yoga	11:00–12:00	Studio 1	Kimberley
	Tai Chi	12:30–13:30	Studio 1	Patsy
	Zumba	19:00–19:45	Studio 1	Cara
SATURDAY	HyCross Bootcamp	08:00–08:45	Studio 1	Jennie
	SPIN by COLOUR	09:00–09:45	Spin Studio	Jennie
	Spin	10:00–10:45	Spin Studio	Jennie
	Seasonal Yoga	10:30–11:30	Studio 1	Jackie
SUNDAY	Kinisi Flow Beginner	10:30–11:00	Studio 1	Toni
	Kinisi Flow	11:00–12:00	Studio 1	Toni
	Yoga	12:15–13:15	Studio 1	Shona
	Vinyasa Flow Yoga	18:00–19:00	Studio 1	Sara

Class attendances are regularly monitored & may be subject to change.

For the most up-to-date class timetable, we recommend checking your app, which will reflect any live changes or updates. **Thank you.**

HEALTH CLUB

AT BOWFIELD

OCT 26