Group Class Timetable



Anytime members: Access to every class | **Off-peak members:** Access to classes starting before 3pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30-9:15 **X-FIT** Active Studio	7:15-7:45 **CIRCUITS** Sports Hall	8:30-9:30 **FLOW YOGA** M&B Studio	7:15-7:45 **CIRCUITS** Active Studio	8:30-9:15 **BOX CLASS** Active Studio	11:30-12:30 **VINYASA YOGA** M&B Studio
12:15-13:00 **HYBRID FIT** Performance Studio	12:15-13:00 **HIIT STRENGTH** Performance Studio	12:15-13:00 **CIRCUITS** Sports Hall	12:15-13:00 **X-FIT** Performance Studio	12:15-13:00 **KB FIT** Performance Studio	12:15-13:00 **METCON** Gym Floor
12:15-13:15 **YOGALATES** M&B Studio	12:15-13:15 **FLOW YOGA** M&B Studio	12:15-13:00 **BARRE** Active Studio	12:15-13:15 **HATHA YOGA** M&B Studio	12:15-13:15 **YOGALATES** M&B Studio	
17:30-18:15 **ZUMBA** M&B Studio	17:30-18:15 **SKIP FIT** Active Studio	17:15-18:15 **VINYASA YOGA** M&B Studio	17:30-18:15 **HYBRID FIT** Active Studio		
17:30-18:15 **BOOTCAMP CYCLE** Cycle Studio	18:30-19:30 **PILATES** M&B Studio	17:30-18:15 **BOX CLASS** Active Studio			
18:30-19:30 **FLEX & FLOW** M&B Studio		18:30-19:15 **SPRINT CYCLE** Cycle Studio			



CLICK HERE TO LEARN MORE ABOUT OUR CLASSES

Did you know we also run...

Gym Induction Sessions

Build confidence and learn your way around the gym floor with our hands-on coached sessions. Find out how to use cardio machines, resistance equipment, cables and dumbbells - plus pick up tips to train safely and effectively.

Sessions run:
Mon - Sun: 10:00-11:00 and 14:00-15:00

LearnQ Courses

Train smarter. Feel stronger. We run LearnQ courses to suit all levels, from learning the basics to levelling up your lifting and strength training. All sessions are coach-led in a safe and supportive environment. Keep an eye online and on socials for new course start dates.