

Group Class Timetable

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:15-7:45 METCON Gym Floor	7:15-7:45 CIRCUITS Sports Hall	8:30-9:30 FLOW YOGA M&B Studio	7:15-7:45 HYBRID FIT Gym Floor	7:15-7:45 BOOTCAMP CYCLE Cycle Studio	10:30-11:15 ZUMBA M&B Studio
7:15-8:15 FLOW YOGA M&B Studio	12:15-13:00 HIIT STRENGTH Performance Studio	9:00-9:45 BOX CLASS Active Studio	12:15-13:00 X-FIT Performance Studio	7:15-8:15 PILATES M&B Studio	11:30-12:30 VINYASA YOGA M&B Studio
10:00-10:45 Q45 M&B Studio	12:15-13:00 DANCE FIT Active Studio	11:30-12:15 PARK FIT Outside	12:15-13:15 HATHA YOGA M&B Studio	10:00-10:45 PARK FIT Outside	13:15-14:00 RUN CLUB (DISTANCE) Gym Floor
11:30-12:15 HYBRID FIT Performance Studio	15:00-15:45 SKIP FIT Active Studio	12:15-13:00 CIRCUITS Sports Hall	17:30-18:15 RUN CLUB (INTERVALS) Gym Floor	12:15-13:00 KB FIT Performance Studio	
12:15-13:15 YOGALATES M&B Studio	17:30-18:15 BALLET FIT Active Studio	12:15-13:00 BARRE Active Studio	18:30-19:15 K-POP DANCE FIT Active Studio	12:15-13:15 YOGALATES M&B Studio	
17:30-18:15 ZUMBA M&B Studio	18:30-19:30 PILATES M&B Studio	17:30-18:15 VINYASA YOGA M&B Studio			
17:30-18:15 BOOTCAMP CYCLE Cycle Studio		17:30-18:15 SPRINT CYCLE Cycle Studio			
18:30-19:30 FLEX & FLOW M&B Studio					



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 45 minutes of hands-on coaching. Find out how to use cardio machines, resistance equipment, cables and dumbbells - plus pick up tips to train safely and effectively.

Sessions run:

Mon and Fri: 9-9:45 or 13:15-14:00

Tue, Wed, Thu, Sat & Sun: 10-10:45 or 14:00-14:45

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 coached in a safe and supportive environment. Keep an eye online and on socials for new course start dates.

