

CLASS TIME TABLE

MONDAY

Class Time	Duration	Class	Instructor
07:00 – 20:00	Weights & Cardio Gym Open		
07:10 – 07:40	30 minutes	HIIT	Sarah
07:50 – 08:20	30 minutes	Weight Lifting (Upper Body)	Neil
09:30 – 10:10	40 minutes	Blast Class	Neil
10:30 – 12:00	No Class		
12:10 – 12:40	30 minutes	HIIT	Neil
12:45 – 13:15	30 minutes	Weight Lifting (Full Body)	Neil
13:15 – 14:15	No Class		
14:15 – 15:15	CLOSED		
15:15 – 17:15	No Class		
17:30 – 18:00	30 minutes	Weight Lifting (Full Body)	Neil
18:10 – 18:40	30 minutes	Circuits	Neil
18:50 – 19:20	30 minutes	HIIT	Neil
19:30 – 20:00	30 minutes	Kettlebells	Neil

TUESDAY

Class Time	Duration	Class	Instructor
06:00 – 07:00	60 minutes	Bootcamp	Julie
07:00 – 20:00	Weights & Cardio Gym Open		
07:10 – 07:40	30 minutes	Kettlebells	Julie
07:50 – 08:20	30 minutes	Core	Julie
09:30 – 10:10	40 minutes	Blast Class	Julie
10:30 – 12:00	No Class		
12:10 – 12:40	30 minutes	Abs Conditioning	Julie
12:45 – 13:15	30 minutes	Kettlebells	Julie
13:15 – 14:15	No Class		
14:15 – 15:15	CLOSED		
15:15 – 17:15	No Class		
17:30 – 18:15	45 minutes	HIRT (high intensity resistance training)	Kev
18:00 – 19:00	60 minutes	In Shape 2018 – see class descriptions	Sarah
18:30 – 19:00	30 minutes	Abs Conditioning	Kev
19:15 – 20:00	45 minutes	Metabolic Conditioning Circuit	Kev

CLASS TIME TABLE

WEDNESDAY

Class Time	Duration	Class	Instructor
07:00 – 20:00	Weights & Cardio Gym Open		
07:10 – 07:40	30 minutes	Circuits	Kev
07:50 – 08:20	30 minutes	Weight Lifting (Full Body)	Kev
09:30 – 10:10	40 minutes	Blast Class	Kev
10:30 – 12:00	No Class		
12:10 – 12:40	30 minutes	Boxercise	Neil
12:45 – 13:15	30 minutes	Circuits	Neil
13:15 – 14:15	No Class		
14:15 – 15:15	CLOSED		
15:15 – 17:15	No Class		
17:30 – 18:15	45 minutes	Body Rocker	Julie
17:45 – 18:45	60 minutes	Weight Lifting (Full Body)	Kev
18:30 – 19:00	30 minutes	HIIT	Julie
19:00 – 20:00	60 minutes	Indoor Cycling	Kev
19:15 – 20:00	45 minutes	Core and Balance	Julie

THURSDAY

Class Time	Duration	Class	Instructor
06:00 – 07:00	60 minutes	Bootcamp	Julie
07:00 – 20:00	Weights & Cardio Gym Open		
07:10 – 07:40	30 minutes	Weight Lifting (Lower Body)	Julie
07:50 – 08:20	30 minutes	HIIT	Julie
09:30 – 10:10	40 minutes	Blast Class	Julie
10:30 – 12:00	No Class		
12:10 – 12:40	30 minutes	Weight Lifting (Full Body)	Neil
12:15 – 13:00	45 minutes	Indoor Cycling	Anne
12:45 – 13:15	30 minutes	Total Toning	Neil
13:15 – 14:15	No Class		
14:15 – 15:15	CLOSED		
15:15 – 17:15	No Class		
17:30 – 18:00	30 minutes	HIRT (high intensity resistance training)	Neil
18:00 – 19:00	60 minutes	In Shape 2018 – see class descriptions	Sarah
18:15 – 19:00	45 minutes	Boxercise	Neil
19:00 – 20:00	60 minutes	Cardio/Power Hour	Sarah
19:15 – 20:00	45 minutes	Swiss Ball Circuit	Neil

CLASS TIME TABLE

FRIDAY

Class Time	Duration	Class	Instructor
07:00 – 19:00	Weights & Cardio Gym Open		
07:10 – 07:40	30 minutes	Kettlebells	Sarah
07:50 – 08:20	30 minutes	HIRT (high intensity resistance training)	Neil
09:30 – 10:10	40 minutes	Blast Class	Neil
10:30 – 12:00	No Class		
12:10 – 12:40	30 minutes	HIIT	Neil
12:45 – 13:15	30 minutes	Core	Neil
13:15 – 14:15	No Class		
14:15 – 15:15	CLOSED		
15:15 – 17:00	No Class		
17:15 – 18:15	60 minutes	Cardio/Power Hour	Sarah
18:20 – 18:50	30 minutes	Mega Stretch	Sarah

SATURDAY	09:00 – 10:00	Bootcamp
	10:00 – 13:30	Weights & Cardio Gym
SUNDAY	CLOSED	

*Please note, the green slots on our time table indicate when the main studio is available for open gym use by our clients

OUR GYM

Alongside classes running in the main studio, we also have a superb Weights and Cardio Gym equipped with a treadmill, bikes, cross trainer, leg curl/extension, chest press, lat pull-down, shoulder press, roman chair and cable machine - which is open every day for free use by our clients.