



Class Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
Circuits 7.30am-8.30am Matthew	Core and Stretch 1.15pm-2pm Matthew	Boxercise 7.00am-7.45am Matthew	LBT 4:45pm-5:45pm Matthew	Circuits 7.00am-7:45am Matthew
HIIT 10am-10.30am Matthew	LBT 4pm-5pm Matthew	Aqua 8:00am-8:45am Matthew	Aqua 6:15pm-7:00pm Matthew	Aqua 8:00am-08:45am Matthew
Boxercise 12pm-1pm Matthew	Boxercise 5.30pm-6.30pm Matthew	HIIT 10am-10.30am Matthew	Boxercise 7:15pm-8:15pm Matthew	Boxercise 12pm-1pm Matthew
Aqua 6:15pm -7:00pm Petra	Circuits 7pm-8pm Matthew	Circuits 12pm-1pm Matthew		Core and Stretch 1.15pm-2pm Matthew

Monday 20th July 2026 - Friday 4th September 2026

Please note that some of these classes will be weather dependant as we hope to make the most of our beautiful outdoor spaces, where possible.
We encourage our members to dress appropriately and be prepared for outdoor activities.