

Fitness Suite Opening Times

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| Monday | 7.15am - 10.00pm |
| Tuesday | 9.00am - 9.00pm |
| Wednesday | 7.15am - 10.00pm |
| Thursday | 9.00am - 9.00pm |
| Friday | 7.15am - 5.00pm |
| Saturday & Sunday | 8.45am - 4.30pm |

Active Group Fitness

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|-------------------|------------------------------|-------|
| Monday | | |
| 9:30am - 10:30am | Pilates (Women's Only) | Adult |
| 10:30am - 11:15am | Strength & Conditioning | Adult |
| 12:00pm - 12:45pm | Boxmaster® | Adult |
| 5:45pm - 6:30pm | Spin | Adult |
| 6:45pm - 7:45pm | Bollywood Dance (Women Only) | Adult |
| 8:00pm - 9:00pm | Zumba (Women Only) | Adult |
| Tuesday | | |
| 9:30am - 10:30am | Group Fight® (Women Only) | Adult |
| 10:45am - 11:30am | Spin (Women Only) | Adult |
| 12:15pm - 12:45pm | Boxmaster® | Adult |
| 2:00pm - 2:45pm | Boxmaster® | Adult |
| 5:45pm - 6:30pm | Spin | Adult |
| 6:30pm - 7:30pm | Strength & Conditioning | Adult |
| Wednesday | | |
| 9:45am - 10:45am | Yoga (Women Only) | Adult |
| 11:00am - 11:45am | Boxmaster® (Women Only) | Adult |
| 12:15pm - 1:00pm | Boxmaster® | Adult |
| 2:00pm - 2:45pm | Strength Studio (Women Only) | Adult |
| 5:30pm - 6:15pm | Boxmaster® | Adult |
| 6:00pm - 7:00pm | Pilates | Adult |
| 6:15pm - 7:00pm | Fit45 | Adult |
| 7:15pm - 8:15pm | Zumba (Women Only) | Adult |
| Thursday | | |
| 9:30am - 10:30am | Pilates (Women's Only) | Adult |
| 11:00am - 12:00pm | Group Fight® (Women Only) | Adult |
| 12:30pm - 1:15pm | Circuits | Adult |
| 5:45pm - 6:30pm | Spin | Adult |
| 6:45pm - 7:30pm | Boxmaster® (Women Only) | Adult |

Friday

| | | |
|-------------------|---------------------------------|-------|
| 8:00am - 8:45am | Spin | Adult |
| 9:30am - 10:15am | Conditioning Class (Women Only) | Adult |
| 11:00am - 12:00pm | Strength & Balance (L) | Adult |
| 12:30pm - 1:15pm | Strength & Conditioning | Adult |
| 4:00pm - 4:45pm | Fit45 | Adult |

Saturday

| | | |
|-------------------|---------------------------|-------|
| 9:15am - 10:15am | Yoga (Women Only) | Adult |
| 10:00am - 10:45am | Spintone | Adult |
| 11:00am - 12:00pm | Group Fight® (Women Only) | Adult |
| 11:00am - 11:45am | Boxmaster® | Adult |

Sunday

| | | |
|-------------------|--------------------------------|-------|
| 9:30am - 10:15am | OMNIATM | Adult |
| 10:00am - 10:45am | Spin (Women Only) | Adult |
| 10:15am - 11:00am | Cardio HITT | Adult |
| 11:00am - 11:45am | Strength Studio (Women Only) | Adult |
| 2:00pm - 2:45pm | Beginner Strength (Women Only) | Adult |

Other Activities

Monday

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|-----------------|------------------|-------|-------|
| 1:00pm - 2:00pm | Walking Football | Adult | £3.90 |
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Thursday

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|-----------------|------------------|-------|-------|
| 2:00pm - 3:00pm | Walking Football | Adult | £3.90 |
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Rooms For Hire

Available for:

- Meetings, seminars, forums, focus groups
- Interviews, discussions, training
- Presentations, demonstrations, public information

We can provide:

- Theatre style socially distanced seating for up to 40
- A variety of other layouts with tables & chairs
- Screen for presentations/Flipchart
- Light refreshments i.e. tea, coffee, biscuits, juice
- Parking
- Vending drinks

Contact us on our website or by telephone to the Admin office with your requirements and we will forward a booking enquiry form and our terms and conditions. Your booking can then be tailored to your needs.