

Fitness Suite Opening Times

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

FOLLOW US ON 

Active Group Fitness

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
7:00pm - 7:45pm	Boxmaster® (Women Only)	Adult

Wednesday

9:45am - 10:45am	Yoga (Women Only)	Adult
11:00am - 11:45am	Box Fit (Women Only)	Adult
12:15pm - 1:00pm	Boxmaster®	Adult
2:00pm - 2:45pm	Strength Studio (Women Only)	Adult
3:00pm - 3:45pm	Boxmaster® (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
6:45pm - 7:30pm	Boxmaster® (Women Only)	Adult

Friday

9:15am - 10:00am	Conditioning Class (Women Only)	Adult
10:15am - 11:00am	Spin (Women Only)	All Ages
11:00am - 12:00pm	Strength & Balance (L)	Adult
12:30pm - 1:15pm	Strength & Conditioning	Adult
4:15pm - 5:00pm	Fit45	Adult

Saturday

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

Sunday

9:30am - 10:15am	OMNIA™	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

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

2:00pm - 3:00pm	Walking Football	Adult	£3.90
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