

## Fitness Suite Opening Times

<b>Monday</b>	7.15am - 10.00pm
<b>Tuesday</b>	9.00am - 9.00pm
<b>Wednesday</b>	7.15am - 10.00pm
<b>Thursday</b>	9.00am - 9.00pm
<b>Friday</b>	7.15am - 6.30pm
<b>Saturday &amp; Sunday</b>	8.45am - 4.30pm

## Ladies only Gym

Open during all our opening hours as above

## Active Group Fitness

<b>Monday</b>		
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
<b>Tuesday</b>		
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
<b>Wednesday</b>		
9:30am - 10:30am	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
5:00pm - 6:00pm	Yoga	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	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

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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