

CLASS TIMETABLE - DISCOVER YOUR PERFECT CLASS

MONDAY

TIME	CLASS	TRAINER	IMPACT	LOCATION
6:00am	Bootcamp	Nigel Stagg	High	Bootcamp Studio
6:30am	Body Pump 30	Chris Stafford	High	Studio 1
8:00am	Pilates	Nigel Stagg	Low	Studio 2
9:15am	HYROX (1hr)	Nigel Stagg	High	Functional Area
9:30am	Low & Tone	Fiona Nunns	High	Studio 1
9:45am	Body Balance	Alison Carr	High	Studio 2
10:15am	Spin	Sam Battiste	High	Spin Studio
10:25am	Aqua Pilates	Nigel Stagg	Low	Pool
10:30am	Body Pump	Fiona Nunns	High	Studio 1
11:20am	Beginners Pilates	Nigel Stagg	Low	Studio 2
11:30am	Zumba	Sam Battiste	High	Studio 1
11:40am	Aqua	Sally Meikle-Janney	Low	Pool
12:15pm	Beginners Pilates	Nigel Stagg	Low	Studio 2
12:15pm	Bootcamp	Aston Phillips-Morrin	High	Bootcamp Studio
12:30pm	Mature Movers	Marie Coyne	Low	Studio 1
2:00pm	Virtual Spin	n/a	High	n/a
2:00pm	Voice Box	Alison Carr	n/a	Studio 1
5:15pm	Pilates	Susan Teale	Low	Studio 2
5:30pm	Body Combat (30mins)	Fiona Nunns	High	Studio 1
6:00pm	Spin	Brendan Caunce	High	Spin Studio
6:15pm	Body Balance	Alex Battiste	Low	Studio 2
6:15pm	Body Pump	Fiona Nunns	High	Studio 1
7:00pm	Bootcamp	Gym Instructor	High	Bootcamp Studio
7:15pm	Spin	Martha McLean	High	Spin Studio
7:15pm	Aqua	Alex Battiste	Low	Pool
7:20pm	Pure Stretch	Jackie Johnson	Low	Studio 2
7:30pm	BigBox Bounce	Mel Capone	High	Studio 1

TUESDAY

TIME	CLASS	TRAINER	IMPACT	LOCATION
6:00am	Spin	Alex Battiste	High	Spin Studio
7:00am	HYROX (1hr)	Danny Phillips	High	Functional Area
9:00am	Pilates	Nigel Stagg	Low	Studio 2
9:20am	Body Pump (30mins)	Fiona Nunns	High	Studio 1
9:30am	Spin	Lauren Simpkins	High	Spin Studio
10:00am	Body Attack (30mins)	Fiona Nunns	High	Studio 1
10:00am	Aqua	Jackie Johnson	Low	Pool
10:00am	Beginners Yoga (1hr)	The Happy Yoga Club	Low	Studio 2
10:15am	Bootcamp	Ashton Phillips-Morrin	High	Bootcamp Studio
10:30am	Sh'bam	Fiona Nunns	High	Studio 1
11:15am	Aqua Med	Ellie Looker	Low	Pool
11:15am	Tai Chi	Jackie Johnson	Low	Studio 2
11:30am	Legs, Bums & Tums	Alison Carr	High	Studio 1
12:00pm	Virtual Spin	n/a	High	n/a
12:15pm	Pure Stretch	Jackie Johnson	Low	Studio 2
4:15pm	Teen HYROX	Graham Rowlinson	High	Functional Area
5:20pm	Barre	Fiona Noonan	Low	Studio 2
5:30pm	Clubbercise	Alex Battiste	High	Studio 1
6:00pm	Spin	Harjinder Sandhu	High	Spin Studio
6:15pm	Pilates	Fiona Nunns	Low	Studio 2
6:30pm	Legs, Bums & Tums	Katie Siddons	High	Studio 1
7:00pm	Aqua Combat	Harjinder Sandhu	Low	Pool
7:15pm	Hatha Yoga	Silvija Jaimokaite	Low	Studio 2
7:20pm	Body Pump (30mins)	Katie Siddons	High	Studio 1
8:00pm	HYROX (1hr)	Graham Rowlinson	High	Functional Area

WEDNESDAY

TIME	CLASS	TRAINER	IMPACT	LOCATION
6:00am	Bootcamp	Ashton Phillips-Morrin	High	Bootcamp Studio
6:30am	Spin (R30)	Chris Stafford	High	Spin Studio
7:00am	HYROX (1hr)	Ashton Phillips	High	Functional Area
9:00am	Clinical Pilates	Susan Teal	High	Studio 2
9:00am	Virtual Spin	n/a	Low	n/a
9:20am	Body Pump (45mins)	Daniel Moheb Choucri	High	Studio 1
9:30am	Aqua	Alex Helmsley	High	Pool
10:15am	Body Combat (30mins)	Daniel Moheb Choucr	High	Studio 1
10:30am	Pilates	Alex Helmsley	Low	Studio 2
10:55am	LM Core (30mins)	Daniel Moheb Choucri	Low	Studio 1
11:00am	Spin	Martha McLean	Low	Spin Studio
11:00am	Aqua Zumba	Rebecca Subham	Low	Pool
11:30am	Areotone	Alex Helmsley	High	Studio 1
11:35am	Body Balance (1hr)	Daniel Moheb Choucri	High	Studio 2
12:00pm	Beginner's Bootcamp	Danny Phillips	High	Bootcamp Studio
12:15pm	Chi Chi Fit	Kim Lyne	High	Studio 1
2:00pm	Virtual Spin	n/a	High	n/a
5:15pm	Bootcamp	Ashton Phillips-Morrin	High	Bootcamp Studio
5:25pm	Yoga	Samuel Milnes	Low	Studio 2
5:30pm	BigBox Bounce	Mel Capone	High	Studio 1
6:00pm	Spin	Tom Jackson	High	Spin Studio
6:15pm	Bootcamp	Ashton Phillips-Morrin	High	Bootcamp Studio
6:25pm	Pilates	Matthew Brammer	Low	Studio 2
6:25pm	Attack Express (30mins)	Bev Coates	High	Studio 1
7:00pm	Les Mills Core (30mins)	Bev Coates	High	Studio 1
7:00pm	Spin	Jenny Joof	High	Spin Studio
7:15pm	Kenisiflow	Rebecca Subham	Low	Studio 2
7:20pm	Aqua Zumba	Matthew Brammer	Low	Pool
7:30pm	Sh'bam	Bev Coates	High	Studio 1

THURSDAY

TIME	CLASS	TRAINER	IMPACT	LOCATION
6:00am	Spin (30mins)	Alex Battiste	High	Spin Studio
6:30am	Bootcamp	Danny Phillips	High	Bootcamp Studio
9:00am	Clinical & Beginners Pilates	Susan Teale	Low	Studio 2
9:30am	Low & Tone	Sam Battiste	Low	Studio 1
9:45am	Aqua Groove	Jackie Johnson	Low	Pool
10:00am	HYROX (1hr)	Graham Rowlinson	High	Functional Area
10:00am	Pilates	Susan Teal	Low	Studio 2
10:20am	Spin	Martin Hey	High	Spin Studio
10:30am	Step	Sam Battiste	High	Studio 1
11:00am	Barre	Imogen Laverick	Low	Studio 2
11:00am	Aqua	Jackie Johnson	High	Pool
11:30am	Sh'bam	Fiona Nunns	High	Studio 1
12:00pm	Bootcamp	Alison Wells	High	Bootcamp Studio
12:00pm	Pure Stretch	Jackie Johnson	Low	Studio 2
5:00pm	Beginners Pilates	Katie Bostock	Low	Studio 2
5:30pm	Spin	Tom Jackson	High	Spin Studio
5:30pm	Low & Tone	Claire Blacker	Low	Studio 1
6:25pm	Old Skool Aerobics	Sam Battiste	High	Studio 1
6:25pm	Body Balance	Claire Blacker	Low	Studio 2
6:30pm	PEAK Spin	Nigel Stagg	High	Spin Studio
7:20pm	Body Pump	Chris Stafford	High	Studio 1
7:30pm	Circle Pilates	Nigel Stagg	Low	Studio 2
8:00pm	HYROX (1hr)	Cory Hurst	High	Functional Area

FRIDAY

TIME	CLASS	TRAINER	IMPACT	LOCATION
6:30am	Vinyasa Flow Yoga	Donna Joyce	Low	Studio 2
6:30am	Spin	Claire Rowland	High	Spin Studio
7:00am	Bootcamp	Alison Stephenson	High	Bootcamp Studio
8:00am	Virtual Spin	n/a	High	n/a
8:45am	Beginners Yoga	Emily Flaherty	Low	Studio 2
9:15am	Aqua Combat	Harjinder Sandhu	Low	Pool
9:30am	Body Pump	Ashton Phillips-Morrin	High	Studio 1
9:40am	Body Balance	Kerry Hyde	Low	Studio 2
10:25am	Spin	Harjinder Sandhu	High	Spin Studio
10:30am	Body Combat	Sally Meikle-Janney	High	Studio 1
11:20am	Pilates	Fiona Nunns	Low	Studio 2
11:30am	Zumba	Rosa Collier-Wraith	High	Studio 1
12:15pm	Vinyasa Flow Yoga	Donna Joyce	Low	Studio 2
12:15pm	Spin	Sam Battiste	High	Spin Studio
12:30pm	Mature Movers	Fiona Nunns	Low	Studio 1
5:30pm	Boxing Bootcamp	Katie Bostock	High	Bootcamp Studio
5:45pm	Spin	Holly Rio-Gardiner	High	Spin Studio
6:30pm	Body Balance	Tania Fisher	Low	Studio 2

SATURDAY

TIME	CLASS	TRAINER	IMPACT	LOCATION
8:30am	Spin	Jamie Siddons	High	Spin Studio
9:00am	Pilates	Julie Lee	Low	Studio 2
9:30am	Body Pump	Katie Bostock	High	Studio 1
9:50am	Yoga	Julie Lee	Low	Studio 2
10:00am	Spin	Jamie Siddons	High	Spin Studio
10:15am	Bootcamp	Gym Instructor	High	Bootcamp Studio
10:30am	Body Combat	Katie Bostock	High	Studio 1
11:00am	Barre	Fiona Noonan	Low	Studio 2
11:30am	Clubbercise	Mel Capone	High	Studio 1
2:00pm	Virtual Spin	n/a	High	n/a
2:15pm	Aqua Combat	Harjinder Sandhu	Low	Pool
5:00pm	Virtual Spin	n/a	High	n/a

SUNDAY

TIME	CLASS	TRAINER	IMPACT	LOCATION
8:00am	Spin	Tania Fisher	High	Spin Studio
8:45am	Pilates	Matthew Brammer	Low	Studio 2
9:00am	Bootcamp	Alison Wells	High	Bootcamp Studio
9:35am	Legs, Bums and Tums	Karen Woodhouse	High	Studio 1
9:45am	Yoga	Silvija Jalmokaite	Low	Studio 2
10:00am	Spin	Alison Wells	High	Spin Studio
10:30am	HIIT and Tone	Karen Woodhouse	High	Studio 1
11:30am	Body Balance	Amanda Sykes	Low	Studio 2
3:00pm	Virtual Spin	n/a	High	n/a

KIDS TIMETABLE

DAY	TIME	CLASS	TRAINER	LOCATION
Monday	4:30pm	Kids Ballet 4+	Fiona Noonan	Teen Studio
Monday	5:45pm	Family Bootcamp 8yr+	Charlotte McCauliffe	Bootcamp Studio
Tuesday	5:00pm	Born to Move Ages 8-12	Ellie Looker	Teen Studio
Tuesday	5:00pm	Box12 Ages 12-15	Gym Instructor	Box12 Studio
Wednesday	4:30pm	Kids Gymnastics	Ellie Looker	Bouldering Wall
Thursday	5:00pm	Box12 Ages 12-15	Gym Instructor	Box12 Studio
Thursday	5:00pm	Kids Gymnastics	Ellie Looker	Bouldering Wall
Thursday	6:00pm	Family Bootcamp Age 8+	Ellie Looker	Bootcamp Studio
Friday	5:30pm	Kids Dance Age 5+	Katie Sutton	Studio 2
Saturday	10:00am	Kids Fun Age 5+	Fiona Noonan	Teen Studio
Saturday	12:00pm	Kids Box12 Ages 12-15	Gym Instructor	Box12 Studio
Sunday	10:00am	Family Bootcamp	Gym Instructor	Bootcamp Studio
Sunday	11:45am	Family Fun 4yr+	Gym Instructor	Studio 1