









# Fitness & Group Exercise

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Classes 06.00 - 08.55	<b>7.45 - 8.40</b> Water Workout £8.75 P		<b>7.45 - 8.40</b> Water Workout £8.75 P	<b>7.45 - 8.40</b> Water Workout £8.75 P	<b>7.45 - 8.40</b> Water Workout £8.75 P	<b>8.00 - 8.45</b> NEW HYROX £8.75 G/PHZ	
						<b>8.00 - 8.55</b> Yoga £11.40 S	
						<b>8.45 - 9.30</b> Ride for Fitness £8.60 C	

Classes 09.00 - 11.55	<b>9.30 - 10.35</b> Body Pump £9.45 AS	<b>9.30 - 10.25</b> Total Body Workout £8.75 AS	<b>9.30 - 10.15</b> Ride Rhythm £8.60 C	<b>9.10 - 9.55</b> Body Pump £9.10 AS	<b>9.30 - 10.15</b> Yoga/ Pilates £11.40 S	<b>9.00 - 9.55</b> Body Pump £9.45 AS	<b>9.00 - 9.55</b> Yoga Like Sunday £11.40 S
	<b>9.30 - 10.15</b> Ride Rhythm £8.60 C	<b>9.30 - 10.15</b> Pilates For All £11.40 S	<b>9.30 - 10.15</b> Body Balance £11.40 S	<b>9.30 - 10.15</b> Ride Colour £8.60 C	<b>9.30 - 10.25</b> Total Body Workout £8.75 AS	<b>9.45 - 10.30</b> Ride Colour £8.60 C	<b>9.00 - 9.55</b> Body Pump £9.45 AS
	<b>9.30 - 10.15</b> Pilates Classic £11.40 S	<b>09.45 - 10.30</b> Body Blast £8.75 PHZ	<b>09.45 - 10.30</b> PowerHouse £8.75 PHZ	<b>10.30 - 11.15</b> Pilates Classic £11.40 S	<b>9.45 - 10.30</b> PowerHouse £8.75 PHZ	<b>10.15 - 11.10</b> Zumba £8.75 AS	<b>10.00 - 10.45</b> Barre £11.40 S
	<b>10.30 - 11.15</b> Ride Colour £8.60 C	<b>10.30 - 11.15</b> Yoga Fitness £11.40 S	<b>10.30 - 11.15</b> NEW Pilates Classic £11.40 S	<b>10.30 - 11.15</b> Ride Rhythm £8.60 C	<b>10.30 - 11.15</b> Yoga - Vinyasa Flow £11.40 S		<b>10.00 - 10.45</b> Ride Rhythm £8.60 C
	<b>10.30 - 11.15</b> Yoga Vinyasa £11.40 S	<b>10.45 - 11.40</b> Zumba £8.75 AS	<b>10.30 - 11.25</b> Back to Fitness £8.75 AS	<b>11.30 - 12.15</b> Zumba £8.75 S	<b>11.30 - 12.00</b> Yoga & Meditation £5.70 S		<b>10.00 - 10.45</b> PowerHouse £8.75 PHZ
	<b>10.35 - 11.20</b> Back to Basics £8.75 AS	<b>11.30 - 12.15</b> Les Mills Shapes £9.10 S	<b>10.45 - 11.30</b> Core & More £8.75 PHZ	<b>11.30 - 12.15</b> NEW Fit for Life £8.75 AS	<b>11.30 - 12.15</b> Meno Strength £8.75 AS		<b>10.45 - 11.40</b> Body Balance £11.40 AS
	<b>11.30 - 12.25</b> Fit Steps £8.75 AS		<b>11.30 - 12.15</b> Yoga Hatha £11.40 S	<b>12.00 - 12.55</b> Women Who Lift £8.75 G			<b>11.00 - 11.45</b> Pilates Fitness £11.40 S
	<b>11.30 - 12.00</b> Restorative Yoga £5.70 S		<b>11.35 - 12.20</b> Dance Fit £8.75 AS				

Classes Lunchtime	<b>12.15 - 13.00</b> Yoga/Pilates £11.40 S	<b>12.30 - 13.15</b> NEW HYROX £8.75 PH/G	<b>12.30 - 13.15</b> Yoga Hatha Flow £11.40 S	<b>12.30 - 13.15</b> NEW Feel Good Strength £8.75 AS	<b>12.30 - 13.15</b> Ride Rhythm £8.60 C	<b>Key</b>  = Aqua  = Yoga, Pilates & Wellness  = Course only  = Indoor Cycling  = Cardio/ Strength Classes  = Dance Classes  = Strength & Toning  = U18's Strength Classes <b>AS</b> = Action Suite <b>PHZ</b> = PowerHouse Zone <b>C</b> = Cycling Centre <b>DP</b> = Diving Pool <b>LP</b> = Leisure Pool <b>G</b> = Gym <b>S</b> = Studio
	<b>12.30 - 13.15</b> PowerHouse £8.75 PHZ	<b>12.35 - 13.20</b> Meno Strength £8.75 AS	<b>12.30 - 13.15</b> Ride Colour £8.60 C	<b>12.30 - 13.15</b> Stretch & Mobility £8.75 S	<b>12.30 - 13.15</b> Menopause Release £9.10 S	
	<b>13.15 - 14.00</b> Barre £11.40 S	<b>12.30 - 13.15</b> Stretch & Mobility £8.75 S	<b>13.30 - 14.00</b> Yoga Restorative £5.70 S	<b>13.30 - 14.15</b> NEW KettleflowYOGA £8.75 AS	<b>12.30 - 13.15</b> NEW HYROX £8.75 PHZ	
		<b>13.30 - 14.15</b> Menopause Release £9.10 S		<b>13.30 - 14.15</b> NEW Pilates £11.40 S	<b>13.30 - 14.15</b> Pilates Foundation £11.40 S	

Classes 4.00pm - 9.00pm	<b>18.00 - 18.45</b> Zumba £8.75 AS	<b>17.00 - 17.45</b> NEW Pilates Classic £11.40 G	<b>16.00 - 17.00</b> PowerHouse U18 G	<b>16.00 - 17.00</b> PowerHouse U18 PHZ	<b>16.00 - 17.00</b> PowerHouse U18 PHZ
	<b>18.00 - 18.45</b> Ride Colour £8.60 C	<b>17.45 - 18.25</b> Women Who Lift £8.75 G	<b>17.45 - 18.15</b> Ride HIIT £5.40 C	<b>17.30 - 18.15</b> Ride Rhythm £8.60 C	<b>17.45 - 18.15</b> Ride Podium £5.40 C
	<b>18.00 - 18.55</b> Yoga £11.40 S	<b>18.00 - 18.45</b> Ride Rhythm £8.60 C	<b>18.00 - 18.45</b> Les Mills Strength £9.10 AS	<b>18.15 - 19.00</b> Body Pump £9.10 AS	<b>17.45 - 18.30</b> Les Mills Strength £9.10 AS
	<b>18.00 - 18.55</b> HIIT & Core £8.75 G	<b>18.15 - 19.00</b> LM Pilates £11.40 S	<b>18.00 - 18.55</b> Yoga Ashtanga £11.40 S	<b>18.00 - 18.55</b> Pilates Flow £11.40 S	<b>18.00 - 18.55</b> Body Balance £11.40 S
	<b>19.00 - 19.55</b> Body Pump £9.45 AS	<b>18.15 - 19.00</b> Body Combat £9.10 AS	<b>18.00 - 18.45</b> NEW HYROX £8.75 G/PHZ	<b>18.00 - 18.30</b> Kettleburn 30 £5.40 G/PHZ	<b>18.30 - 19.15</b> Ride Colour £8.60 C
		<b>18.30 - 19.15</b> NEW Range of Motion £8.75 G	<b>18.30 - 19.25</b> Ride for Fitness £8.75 C	<b>18.30 - 19.25</b> Ride Enduro £8.75 C	
		<b>19.00 - 19.55</b> Ride Colour £8.75 C	<b>19.00 - 19.55</b> Body Pump £9.45 AS	<b>19.00 - 19.45</b> Yoga for Men £9.10 S	
		<b>19.05 - 19.50</b> Zumba £8.75 S	<b>19.15 - 20.00</b> Les Mills Shapes £9.10 S	<b>19.05 - 20.00</b> Body Combat £9.45 AS	
	<b>19.15 - 20.00</b> LBT £8.75 AS				

Classes may be subject to change