

Class cancellations

27th July - 2nd August

Thursday 30th July

Zumba at 11:30am

Kettleflow at 1:30pm

Saturday 1st August

Ride at 9:45am

3rd - 9th August

Thursday 6th August

Zumba at 11:30am

Kettleflow at 1:30pm

Saturday 8th August

Ride at 9:45am

10th - 16th August

Thursday 13th August

Zumba at 11:30am

Kettleflow at 1:30pm

Ride at 5:30pm

Friday 14th August

Ride at 12:30pm

Saturday 15th August

Ride at 9:45am

17th - 23rd August

Thursday 20th August

Zumba at 11:30am

Kettleflow at 1:30pm

Saturday 22nd August

Ride at 9:45am

Sunday 23rd August

Barre at 10:00am

24th - 30th August

Tuesday 25th August

Pilates at 9:30am

Thursday 27th August

Zumba at 11:30am

Kettleflow at 1:30pm

Saturday 29th August

Ride at 9:45am

31st August - 6th September

Monday 31st August

Aqua at 7:45am

Yoga at 10:30am

Yoga at 11:30am

Yoga at 12:15pm

Barre at 1:15pm

Tuesday 1st September

Shapes at 11:30am

Menopause Strength at 12:30pm

Menopause Shapes at 1:30pm

Thursday 3rd September

Kettleflow at 1:30pm

Friday 4th September

Menopause Strength at 11:30am

Menopause Shapes at 12:30pm

Class instructor cover

27th July - 2nd August

Monday 27th July

Yoga at 10:30 & 11:30am with Paul N

Zumba at 6:00pm with Darren S

Tuesday 28th July

Yoga at 10:30am with Kerry L

Zumba at 10:45am with Lilly K

Les Mills Pilates at 6:00pm with Claire Y

Thursday 30th July

Strength at 12:30pm with Tony F

Sunday 2nd August

Ride at 10:00am with Amanda C

3rd - 9th August

Monday 3rd August

Bodypump at 7:05pm with Jemima V

Tuesday 4th August

Zumba at 10:45am with Lilly K

Ride at 6:00 & 7:00pm with Gavin S

Wednesday 5th August

DanceFit at 11:30am with Sam D

Thursday 6th August

Ride at 6:30pm with Alice

Sunday 9th August

Ride at 10:00am with Amanda C

10th - 16th August

Monday 10th August

Pilates at 9:30am with Claire Y

BodyPump at 7:05pm with Gavin S

Tuesday 11th August

Pilates at 9:30am with Emily

Ride at 6:00 & 7:00pm with Gavin S

Wednesday 12th August

DanceFit at 11:30am with Sam D

Thursday 13th August

BodyPump at 6:15pm with Gavin S

Ride at 6:30pm with Alice

BodyCombat at 7:05pm with Siu P

Saturday 15th August

Ride at 8:45am with Michelle W

Sunday 16th August

Ride at 10:00am with Amanda C

17th - 23rd August

Monday 17th August

Pilates at 9:30am with Claire Y

Tuesday 18th August

Pilates at 9:30am with Emily

Ride at 6:00 & 7:00pm with Gavin S

Saturday 22nd August

Ride at 8:45am with Will R

24th - 30th August

Monday 24th August

Pilates at 9:30am with Claire Y

Zumba at 6:00pm - Instructor TBC

Tuesday 25th August

Yoga at 10:30am with Kerry L

Les Mills Pilates at 6:00pm with Claire Y

Friday 28th August

Menopause Strength at 11:30am with Sam D

Menopause Shapes at 12:30pm with Sam D

31st August - 6th September

Monday 31st August

FitSteps at 11:30am with Anna B

Zumba at 6:00pm - Instructor TBC

BodyPump at 7:05pm with Jemima V

Thursday 3rd September

Strength at 12:30pm with Tony F