

Monday

Studio 1

07:30 - 08:30 Les Mills
Virtual BODYCOMBAT™

09:30 - 10:30 Les Mills
Virtual SH'BAM™

09:45 - 10:45 Bootcamp

18:30 - 19:30 Les Mills
BODYCOMBAT™

19:30 - 20:15 Kettlebell training

Studio 2

10:00 - 11:30 Yoga

19:30 - 20:30 Pilates

20:15 - 21:45 Hatha Yoga

Cycle Studio

06:15 - 07:00 Group Cycle

09:30 - 10:15 Group Cycle

19:30 - 20:15 Group Cycle

Courts

19:00 - 20:30 Tennis £

19:30 - 21:30 Badminton £

Tuesday

Studio 1

06:30 - 07:00 Les Mills
Virtual CXWORX™

09:00 - 09:30 HIIT

09:45 - 10:30 BODYPUMP™

10:35 - 11:35 BODYCOMBAT™

18:30 - 19:00 Ab Attack

19:15 - 20:15 Body Blast

Studio 2

09:30 - 10:00 Pilates Technique

10:00 - 11:00 Pilates

11:30 - 13:00 Hatha Yoga

18:30 - 19:30 Yoga

Cycle Studio

06:30 - 07:15 Group Cycle

10:00 - 10:45 Group Cycle

18:00 - 18:45 Group Cycle

19:30 - 20:15 Group Cycle

Pool

12:00 - 12:45 Aqua Aerobics

Courts

16:00 - 18:00 Kids Tennis £

17:15 - 19:00 Squash £

18:30 - 19:30 Tennis £

19:30 - 21:00 Tennis £

Wednesday

Studio 1

07:00 - 08:00 Circuits

09:00 - 10:00 Bootcamp

10:30 - 11:30 Zumba

19:35 - 20:20 BODYPUMP™

20:30 - 21:15 BODYCOMBAT™

Studio 2

08:25 - 09:20 HIIT

09:45 - 11:15 Vinyasa Flow yoga

11:30 - 13:00 Vinyasa Flow yoga

19:30 - 20:30 Hatha Yoga

Cycle Studio

06:30 - 07:15 Group Cycle

10:30 - 11:15 Group Cycle

19:30 - 20:15 Group Cycle

Pool

13:00 - 13:45 Aqua Yoga

Courts

11:00 - 13:00 Tennis £

16:00 - 17:00 Kids Tennis £

17:15 - 18:15 Kids Tennis £

18:00 - 20:00 Tennis £

18:45 - 20:45 Squash £

Thursday

Studio 1

06:15 - 06:45 Les Mills Virtual BODY-
BALANCE™

09:30 - 10:30 BODYPUMP™

10:45 - 11:30 BODYBALANCE™

18:30 - 19:00 Ab Attack

19:30 - 20:30 BODYPUMP™

Studio 2

09:30 - 11:00 Vinyasa Flow Yoga

19:10 - 19:40 Pilates Technique

19:45 - 20:45 Pilates

Cycle Studio

06:45 - 07:30 Group Cycle

19:30 - 20:15 Group Cycle

Courts

19:00 - 20:00 Tennis £

20:00 - 22:00 Tennis £

Friday

Studio 1

09:00 - 10:00 LBT

10:30 - 11:00 B:Core

17:30 - 18:15 Bootcamp

18:30 - 19:00 Corefit

Studio 2

09:15 - 10:45 Hatha Yoga

11:00 - 12:00 Pilates

18:30 - 19:15 Beginners Yoga

19:30 - 21:00 Vinyasa Flow Yoga

Cycle Studio

06:45 - 07:30 Group Cycle

09:30 - 10:15 Group Cycle

Pool

11:00 - 11:45 Aqua Aerobics

Courts

11:00 - 13:00 Tennis £

18:00 - 19:15 Kids Tennis £

Saturday

Studio 1

09:30 - 10:00 HIIT

10:00 - 11:00 Bootcamp

12:05 - 13:00 LBT

14:30 - 15:00 Les Mills
Virtual CXWORX™

16:00 - 17:00 Les Mills Virtual
BODYBALANCE™

18:00 - 19:00 Les Mills Virtual
BODYCOMBAT™

Studio 2

08:30 - 10:00 Hatha Yoga

11:00 - 12:00 Pilates

Cycle Studio

09:00 - 09:45 Group Cycle

Sunday

Studio 1

08:15 - 08:45 Les Mills
Virtual BODYPUMP™

09:00 - 10:00 Kettlebells

11:15 - 12:00 Zumba

18:00 - 19:00 Les Mills
Virtual BODYPUMP™

Studio 2

09:00 - 10:30 Vinyasa Flow Yoga

10:40 - 12:10 Vinyasa Flow Yoga

Cycle Studio

10:00 - 10:45 Group Cycle