

Fitness Classes Timetable

From Monday 18 May until Sunday 30 August 2026

MON	TUE	WED	THU	FRI	SAT	SUN
7:15-8:00 Yogalates Wellness Studio	7:15-7:45 HIIT Cycle Spin Studio	7:15-8:00 Yogalates Wellness Studio	7:15-7:45 HIIT Cycle Spin Studio	7:15-7:45 Core & Stability Wellness Studio	11:15-12:00 Core Strength Wellness Studio	10:15-10:45 HIIT Cycle Spin Studio
8:15-8:45 Strength & Core Fitness studio	8:05-8:40 Learn to Meditate Wellness Studio	8:15-8:45 Strength & Core Fitness studio	8:15-8:45 Stretch & Flex Wellness Studio	8:15-8:45 HIIT Cycle Spin Studio	12:05-13:05 Yoga *Clara Wellness Studio	11:05-12:05 Yoga *Elizabeth Wellness Studio
11:15-11:45 Stretch & Flex Wellness Studio	13:05-13:50 Kettlebells & Core Fitness studio	13:05-13:55 Studio Cycling Spin Studio	12:15-12:45 Strength & Core Fitness studio	13:05-13:50 Bodyweight Burn Fitness studio	13:15-13:45 HIIT Cycle Spin Studio	13:05-13:50 Bodyweight Burn Fitness studio
12:15-12:45 HIIT Kettlebells & Core Fitness Studio	13:05-13:55 Pilates Wellness Studio	13:05-13:55 Core Strength Wellness Studio	13:15-13:45 HIIT Cycle Spin Studio	13:05-13:55 Pilates *Lena Wellness Studio		
13:05-13:50 Studio Cycling Spin Studio	17:15-18:00 Yogalates Wellness Studio	17:15-18:00 Yogalates Wellness Studio	17:15-17:45 HIIT Cycle Spin Studio	17:15-17:45 HIIT Fitness studio		
17:15-18:00 Yogalates Wellness Studio	18:00-18:30 HIIT Kettlebells & Core Fitness Studio	17:15-18:00 Bodyweight Burn Fitness studio	18:15-18:45 HIIT Rip 60 & Kettlebells Fitness studio	18:15-18:45 HIIT Cycle Spin Studio		
17:15-18:00 Studio Cycling Spin Studio	18:15-19:00 Studio Cycling Spin Studio	18:15-19:00 Kettlebells & Core Fitness Studio	19:15-19:45 Core & Stability Wellness Studio			
18:15-19:00 Kettlebells & Core Fitness Studio		19:15-19:50 Learn to Meditate Fitness Studio				

- Fitness Studio
- Wellness Studio
- Spin Studio

