

Monday

16.00 - 16.45	Mini Dribblers		2yrs-6yrs
16.00 - 18.00	Junior Gym		8yrs-15yrs
18.00 - 18.45	Spinning	☺	12yrs plus*
19.45 - 20.30	Spinning	☺	12yrs plus*
19.45 - 20.30	Fitball	☺	12yrs plus

Tuesday

16.00 - 18.00	Junior Gym		8yrs-15yrs
18.00 - 18.45	Legs, Bums & Tums		12yrs plus
18.15 - 19.00	Spinning	☺	12yrs plus*
18.45 - 19.30	Yogalates	☺	12yrs plus

Wednesday

09.15 - 10.00	Legs, Bums & Tums		12yrs plus
10.00 - 10.45	Free Style Yoga	☺	12yrs plus
16.00 - 18.00	Junior Gym		8yrs-15yrs
18.00 - 18.45	Spinning	☺	12yrs plus*

Thursday

09.30 - 10.15	Fitball	☺	12yrs plus
10.45 - 11.30	Fitness Pilates	☺	12yrs plus
16.00 - 18.00	Junior Gym		8yrs-15yrs
18.00 - 18.45	Spinning	☺	12yrs plus*
20.00 - 21.00	Tai Chi	☺	12yrs plus

Friday

16.00 - 18.00	Junior Gym		8yrs-15yrs
16.00 - 18.00	Judo (Beginners)		8yrs-15yrs
18.00 - 18.45	Pilates	☺	12yrs plus
18.45 - 19.30	Boot Camp	☺	12yrs plus

Saturday

09.45 - 10.45	Mini Movers		3yrs-6yrs
10.00 - 16.00	Junior Gym	☺	8yrs-15yrs
11.15 - 12.00	Cardio Kick	☺	12yrs plus

Sunday

10.00 - 16.00	Junior Gym		8yrs-15yrs
11.15 - 12.00	Cardio Ball	☺	12yrs plus
17.15 - 18.00	Abs Blast	☺	12yrs plus

Customer Information

Children aged 8 – 15 can attend Junior Gym times without an adult. However they must be accompanied by a responsible adult aged 18 or above outside the Junior Gym times. (for more information please contact reception)

☺ = All children must have parent/guardian present or accompanied in a class

* = Please note all customers must be a minimum height of 5ft.2 to attend Spinning