

# Week commencing Monday 22nd September 2025

MONDAY	6.10am	Spin Fit (45 mins)	
	6.30am	NEW CLASS	Pilates (45 mins)
	9.15am	Pilates (45 mins)	
	10.30am	Fit 4 Life (55 mins)	
	4.30pm	LesMills BodyPump™ (45 mins)	
	6.00pm	FRIENDS 45 (45 mins)	Spin Fit (45 mins)
TUESDAY	6.10am	FRIENDS 45 (45 mins)	
	9.15am	Spin Fit (45 mins)	
	10.30am	M1ND+ (45 mins)	
	5.15pm	NEW CLASS	M1ND (30 mins)
	6.00pm	FRIENDS 45 (45 mins)	
	6.30pm	Aqua (45 mins)	
WEDNESDAY	6.10am	FRIENDS 45 (45 mins)	
	9.15am	FRIENDS 45 (45 mins)	
	10.30am	Fit 4 Life (55 mins)	
	6.00pm	L1FT (45 mins)	Spin Fit (45 mins)
THURSDAY	6.10am	Spin Fit (45 mins)	
	9.15am	L1FT (45 mins)	
	10.30am	M1ND+ (45 mins)	
	5.15pm	Core (30 mins)	
	6.00pm	FRIENDS 45 (45 mins)	
	6.30pm	Aqua (45 mins)	
FRIDAY	6.10am	FRIENDS 45 (45 mins)	
	9.15am	Pilates (45 mins)	Spin Fit (45 mins)
SATURDAY	8.10am	Aqua (45 mins)	Spin Fit (45 mins)
	10.15am	NEW START TIME	L1FT (45 mins)
SUNDAY	9.15am	L1FT (45 mins)	
	3.30pm	Gentle Yoga (75 mins)	