

Week commencing Monday 19th January 2026

MONDAY	6.10am	Spin Fit (45 mins)	
	6.30am	Pilates (45 mins)	
	9.15am	Pilates (45 mins)	
	10.30am	Fit 4 Life (55 mins)	
	4.15pm	L1FT (45 mins)	
	5.15pm	Yoga (45 mins)	
	6.00pm	Spin Fit (45 mins)	
	6.15pm	FRIENDS 45 (45 mins)	
TUESDAY	6.10am	FRIENDS 45 (45 mins)	
	9.15am	Spin Fit (45 mins)	
	10.30am	M1ND+ (45 mins)	
	5.15pm	M1ND (30 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)	
	5.15pm	Yoga (45 mins)	
	6.15pm	L1FT (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	L1FT (45 mins)	
SUNDAY	9.15am	L1FT (45 mins)	
	3.30pm	Gentle Yoga (75 mins)	