












# CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		 <b>SLUMDOG CIRCUITS</b>  07:00 – 07:45 WITH PADDY	 <b>BODYPUMP</b> 07:00 – 07:45 WITH ANNIE	 <b>CIRCUITS</b> 07:15 – 08:00 WITH LYNDSEY	
					 <b>YOGA</b> 10:00 – 11:00 WITH NATALIE
	 <b>GROUP CYCLING</b> 12:30 – 13:00 WITH LYNDSEY				
	 <b>DANCEFIT</b> 17:30 – 18:15 WITH NATHANAEL	 <b>GROUP CYCLING</b> 17:30 – 18:15 WITH LYNDSEY			
 <b>CIRCUITS</b> 18:30 – 19:15 WITH LYNDSEY		 <b>YOGA</b> 18:30 – 19:30 WITH NATALIE			
			 <b>PILATES</b> 19:00 – 19:45 WITH NATHANAEL		
					<b>SUNDAY</b>

**PILATES** - Pilates was developed by German-born Joseph Pilates, who believed mental and physical health were closely connected. His method was influenced by gymnastics, boxing and Greco-Roman wrestling.

**BODYPUMP** – A barbell class designed to help you get toned, lean and strong.

**DANCEFIT** – Work hard and have fun all at the same time whilst boogying to your favourite songs with Nathanael’s DanceFit class.

**BODYFIT** – An all-body workout designed to get you fit while toning up. Suitable for all levels and with a real focus on a whole body approach.

**SLUMDOG CIRCUITS** – Paddy’s high intensity circuit class. Get ready to work hard in a safe and fun environment.

**GROUP CYCLING** – Join our cycling instructors as they take you through a cardio-style cycling to music class designed to shred fat and burn calories.

**INSTRUCTOR TYPE**



INSTRUCTOR LEAD



VIRTUAL CLASS

\*Classes subject to change