

Gym Timetable

FOR ENQUIRIES PLEASE CALL RECEPTION
ON: 0121 706 3594

GYM INDUCTIONS AVAILABLE ON REQUEST

MEMBERS - BOOK ONLINE IN ADVANCE
VISITORS - CALL TO BOOK

THURSDAY

OPEN 6:30AM - 10:00PM

CIRCUITS	5:30PM-6:30PM
BOOTCAMP	6.30PM-7.30PM

FRIDAY

OPEN 6:30AM - 10:00PM

GROUP RUNNING	5:30PM-6:30PM
SPIN	6:30PM-7:30PM

SATURDAY

OPEN 8:30AM - 10:00PM

CIRCUITS	9:00AM-10:00AM
SPIN	10:00AM-11:00AM

SUNDAY

OPEN 8:30AM - 8.00PM

NO CLASSES

MONDAY

OPEN 6:30AM - 10:00PM

YOGA	10:30AM-11:30AM
LEGS, BUMS & TUMS	9:30AM-10:15AM
HIIT (HIGH INTENSITY INTERVAL TRAINING)	6:30PM-7:30PM
FOOTIE FIT	7:30PM-8:30PM

TUESDAY

OPEN 6:30AM - 10:00PM

LEGS, BUMS & TUMS	5:45PM-6:30PM
SPIN	5:30PM-6:30PM
YOGA	6.00PM-7.00PM
SPIN	6:30PM-7:30PM

WEDNESDAY

OPEN 6:30AM - 10:00PM

CIRCUITS	9:30AM-10:30AM
PILATES	10:30AM-11:30AM
CARDIO TENNIS	6:10PM-7:10PM
HIIT (HIGH INTENSITY INTERVAL TRAINING)	6:30PM-7:30PM
STRETCH & MOBILITY	7:30PM-8:30PM

GYM MEMBERS

£3.00 per class or £30.00 class pass

SOCIAL MEMBERS

£5.00 per class or £50.00 class pass

VISITORS

£7.00 per class or £70.00 class pass

*Class Passes: 10 classes + 2 free!