

Gym Timetable

FOR ENQUIRIES PLEASE CALL RECEPTION
ON: 0121 706 3594

MEMBERS - BOOK ONLINE IN ADVANCE
VISITORS - CALL TO BOOK

WEATHER PERMITTING AS ALL CLASSES
WILL BE OUTSIDE.

THURSDAY

OPEN 10AM - 7PM

OUTDOOR RUNNING	08:30AM-09:30AM
BOOTCAMP	09:30AM-10:30AM
OUTDOOR RUNNING	17:30PM-18:30PM
BOOTCAMP	18:30PM-19:30PM

FRIDAY

OPEN 10AM - 7PM

LEG WORKOUT	08:30AM-09:30AM
SPIN	09:30AM-10:30AM
LEG WORKOUT	17:30PM-18:30PM
SPIN	18:30PM-19:30PM

SATURDAY

OPEN 10AM - 4PM

CIRCUITS	08:30AM-09:30AM
SPIN	09:30AM-10:30AM

SUNDAY

OPEN 10AM - 4PM

NO CLASSES

MONDAY

OPEN 10AM - 7PM

BOOTCAMP	08:30AM-09:30AM
HIIT (HIGH INTENSITY INTERVAL TRAINING)	09:30AM-10:30AM
	17:30PM-18:30PM
BOOTCAMP	
HIIT (HIGH INTENSITY INTERVAL TRAINING)	18:30PM-19:30PM

TUESDAY

OPEN 10AM - 7PM

CIRCUITS	08:30AM-09:30AM
SPIN	09:30AM-10:30AM
CIRCUITS	17:30PM-18:30PM
SPIN	18:30PM-19:30PM

WEDNESDAY

OPEN 10AM - 7PM

HIIT (HIGH INTENSITY INTERVAL TRAINING)	08:30AM-09:30AM
STRETCH & MOBILITY	09:30AM-10:30AM
HIIT (HIGH INTENSITY INTERVAL TRAINING)	17:30PM-18:30PM
STRETCH & MOBILITY	18:30PM-19:30PM

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!

HIIT - High Intensity Interval Training - shorts bursts of alternating cardio exercises with short recovery periods.

LEG WORKOUT - A lower body weight workout designed to work all the muscles in your legs.

SPIN - High intensity cycling workout that is great for burning calories.

CIRCUITS - A fast paced class with a mix of cardio & resistance training.

STRETCH & MOBILITY - Deep stretch & relaxation class that aims to improve joint flexibility and health.

BOOTCAMP - Working on muscle endurance, balance and cardio fitness.

OUTDOOR RUNNING - Instructor supervised social run around the local area.