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

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
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

THURSDAY
OPEN 6:30AM - 10:00PM

BOOT CAMP	6:30PM-7:30PM
GYM BOXING	7:30PM-8:30PM
YOGA	8.00PM-9.00PM

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

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 burts of alternating cardio exercises with short recovery periods.

FOOTIE FIT - Improve players skills in dribbling, shooting & support overall fitness (mostly attended by children).

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

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

PILATES - Fantastic for improving posture and mobility.

CARDIO TENNIS - Get a great workout on the courts with our tennis coach.
Pre booking not required on MyCourts - contact Alison Isaacs on 07846 756 264.
£5.00 for members, £6.00 for non members.

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

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

BOXING - Punch & jab your frustrations with this brilliant cardio class.

GROUP RUNNING - Instructor supervised social run around the local area, or in the gym on the treadmills (dependant on numbers and weather conditions).

LEGS. BUMS & TUMS - Targets those stubborn areas of the body using high rep ranges and your own body weight.

YOGA - a relaxing class that uses breathing techniques, exercise and meditation. It helps to improve health and happiness.