

CLASS TIMETABLE

MONDAY

TIME	CLASS
06:30 - 07:00	Virtual Spin Fit
09:15 - 10:00	Core & More
10:15 - 11:00	Supple Strength
18:00 - 18:45	MetCon
19:00 - 19:45	Zumba
19:45 - 20:30	Supple Strength

TUESDAY

TIME	CLASS
06:30 - 07:00	Virtual Spin Fit
10:00 - 10:45	Supple Strength
17:45 - 18:30	Cardio Blast
18:45 - 19:30	Spin Fit
19:45 - 20:30	Supple Strength

WEDNESDAY

TIME	CLASS
06:30 - 07:00	Virtual Spin Fit
09:15 - 10:00	MetCon
18:00 - 18:45	Spin Fit
18:45 - 19:30	MetCon
19:30 - 20:15	Zumba

THURSDAY

TIME	CLASS
06:30 - 07:00	Virtual Spin Fit
09:15 - 10:00	Core & More
18:00 - 18:45	Cardio Blast
18:45 - 19:30	Spin Fit
19:45 - 20:30	Supple Strength

FRIDAY

TIME	CLASS
06:30 - 07:00	Virtual Spin Fit
09:00 - 09:45	Spin Fit
10:00 - 10:45	Supple Strength
18:00 - 18:45	MetCon

SATURDAY

TIME	CLASS
09:00 - 09:45	Spin fit
10:00 - 10:45	MetCon

SUNDAY

TIME	CLASS
10:00 - 10:45	Supple Strength

**BOOK YOUR CLASS ONLINE
SCAN THE QR CODE
OR CLICK 'BOOK A CLASS' ON OUR WEBSITE**



CLASS DESCRIPTIONS

SPIN FIT

Using the latest Myride technology, Spin is a cycling based class with the addition of a huge video screen. Work to the beat of the music from rolling hills and climbs to varying intensities of sprinting.

ZUMBA®

Zumba is a Latin dance inspired workout that is often called “exercise in disguise”. Combining low intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

VIRTUAL SPIN FIT

MyRide virtual cycling offers a first-person video experience for an immersive and motivating cycling class. A great workout for building stamina and overall cardio fitness.

METCON

Short for metabolic conditioning. It combines short bouts of cardiovascular and strength exercises to challenge your body in a rounded way, utilising circuits or stations of varied exercises and equipment to keep workouts interesting.

SUPPLE STRENGTH

A perfect supplement to your cardio and weight training, Supple Strength blends elements of yoga, Pilates and stretching to create a challenging low-impact workout targeting improvements in flexibility and posture this class is suitable for all levels.

CARDIO BLAST

This class combines strength, HIIT (high-intensity interval training), and cardio exercises into fun activities for a full-body workout utilising a range of equipment and body-weight exercises.

CORE & MORE

A core strengthening and stability class with added cardio and resistance exercises to give your body a complete workout.

BOOK A CLASS



SCAN THE QR