

SUMMER TIMETABLE

UNTIL 6 DECEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45AM SPRINT LARISSA	5.45AM HYROX JESS	5.45AM CYCLE STACEY (45MINS)	5.45AM CEREMONY MARY	5.45AM SPRINT LARISSA	8.00AM MEGA REFORMER PILATES CIRCUIT LARISSA (55MINS)	8.45AM PRIVATE REFORMER ZARA
5.45AM PRIVATE REFORMER ZARA	5.45AM PRIVATE REFORMER SCARLETT	5.45AM REFORMER PILATES CIRCUIT ZARA	5.45AM PRIVATE REFORMER SCARLETT	5.45AM STRENGTH DEVELOPMENT PETE	8.15AM SPRINT KEIRAN	9.30AM REFORMER CIRCUIT ZARA
9.00AM CYCLE MEL	8.45AM CYCLE MEL	6.30AM PRIVATE REFORMER ZARA	8.45AM STEEL TRAINING MEL	6.45AM PRIVATE REFORMER LAUREY	9.00AM HYROX KELLI	 SPRING POP UP CLASSES ARE BACK ON 4.30PM SUNDAYS STARTING 4 OCTOBER FOR 6 WEEKS
9.30AM STRENGTH DEVELOPMENT PETE	9.30AM REFORMER CIRCUIT ZOE	9.00AM CYCLE MEL	9.30AM CEREMONY KELLIE	9.00AM CYCLE MEL	9.00AM STRENGTH DEVELOPMENT KEIRAN	
10.20AM SENIOR ROCKERS PETE	5.00PM STEEL TONIC EXPRESS MEL	9.30AM STEEL TRAINING MEL	4.45PM BODY BALANCE KAY	9.30AM STEP AND COMBAT MEL		
5.00PM STEP MEL	5.30PM CYCLE MELANIE	4.45PM ZUMBA EMMA	4.45PM HYROX GARY	5.30PM CLUBBERCISE SARAH		
5.30PM SPRINT KEIRAN	5.30PM STEEL TRAINING MEL	5.30PM SPRINT KEIRAN	5.30PM STRENGTH DEVELOPMENT KEIRAN			 WINTER – SPRING STAFFED HOURS. Monday: 9am - 7pm Tue - Thur: 9am - 6pm Friday: 9am - 1pm Saturday: 8am - 11am Sunday: 24/7 Fob required Please bring two towels with you for every workout. Do not bring friends into the club without payment. Public holidays vary so please check socials.   Facebook Instagram
5.30PM COMBAT MEL	5.30PM HYROX GARY	5.30PM TUMMY HIPS THIGHS SARAH	5.45PM HNR BOXING GARY			
6.15PM CEREMONY KELLIE	6.15PM HNR BOXING GARY	6.15PM CEREMONY MARY	6.30PM PRIVATE REFORMER LAUREY			
6.15PM BODYBALANCE KEIRAN	6.15PM REFORMER CIRCUIT ZOE	6.15PM STRENGTH DEVELOPMENT PETE				
7.15PM PRIVATE REFORMER ZARA	7.15PM PRIVATE REFORMER ZOE					



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