

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Gym Conditioning 7:30 - 8:00	Gym Strong 7:30 - 8:15		Gym Strong 7:30 - 8:15			
HIIT 9:00 - 9:30	Legs, Bums, Tums 9:00 - 9:30		Aqua HIIT 9:00 - 9:30	Stretch 8:30- 9:00	Circuit Training 8.30 - 9.15	Express Spin 9 - 9.30
Circuit Training 9:30 - 10:15	Spin 9:45 - 10:30	Aerobic Conditioning 9:30 - 10:15	Full Body 9:30 - 10:00	Spin 9:15 - 10:00	20 / 20 / 20 9:30 - 10:30	Boot Camp 9:30 - 10:15
Mobility Done Differently 10.30 - 11.30		Dance Fit 10:15 - 10:45	Stretch 10:30 - 11:00	Band & Core 10:00 - 10:30	Stretch 10:30 - 11:00	
Yoga - Pilates 12.00-13.00	Aqua 11:00 - 11:45		Aqua 11.00-11.45	Stretch 10:30 - 11:00		Health MOT 11.30-12.30
MetaFit 17:30 - 18:00	Bands 17:45 - 18:15	Spin 18.00- 18.45	Glutey Booty 17.30-18.00	Aqua 18:00- 18.45	Pilates 17:45- 18.45	Spin
Circuit Training 18:00 - 18:45	Circuit Training 18:15 - 19:00	Glutes & Core 18:30 - 19:00	Hatton Boxing 18:00 - 19.00		Boot Camp 18:30 - 19:15	Gym
Stretch 19:00 - 19:30	Abs & Stretch 19:00 - 19:30	Gym Conditioning 18:45 - 19:30	Pilates 19:15- 20.15	Spin 19.15- 20.00	Circuits 19.00 - 20.00	Studio
Spin 19.15-20.00					Mobility Done Differently 19.15 - 20.15	Outside
						Old Studio

Timetable from November 2025

Please arrive 10 minutes early to spin class to get set up - late arrivals may be refused entry.

Prested Hall

Health Club

MONDAY	6AM - 9.45PM
TUESDAY	6AM - 9.45PM
WEDNESDAY	6AM - 9.45PM
THURSDAY	6AM - 9.45PM
FRIDAY	6AM - 8.30PM
SATURDAY	8AM - 5.15PM
SUNDAY	8AM - 4.30PM