

Group classes

Sep-Oct 2022



MONDAYS

| | | |
|-------------------|-------------------|--------|
| ● 9.15am-10.00am | Spin | Sammy |
| ● 9.15am-10.00am | Box & Burn | Becky |
| ● 10.15am-10.45am | Dance Fit | Sammy |
| ● 10.15am-10.45am | Gym Cardio | Becky |
| ● 4.30pm-5.15pm | Legs, Bums & Tums | Amanda |
| ● 5.30pm-6.15pm | Legs, Bums & Tums | Amanda |
| ● 5.45pm-6.30pm | Combat | Cathy |
| ● 6.00pm-6.30pm | Spin | Becky |
| ● 6.30pm-7.15pm | Step Aerobics | Amanda |
| ● 6.45pm-7.15pm | Spin | Becky |
| ● 6.45pm-7.30pm | Box & Burn | Sammy |

TUESDAYS

| | | |
|-------------------|----------------------|--------|
| ● 9.15am-9.45am | Spin | Jez |
| ● 9.15am-9.45am | Metacon | Sammy |
| ● 10.00am-10.30am | Spin | Jez |
| ● 10.00am-10.30am | Strong Nation | Sammy |
| ● 10.45am-11.15am | Dance Fit | Sammy |
| ● 12.00pm-1.00pm | Pilates | Cathy |
| ● 5.00pm-5.45pm | Step Aerobics | Amanda |
| ● 5.45pm-6.30pm | Power 45 - Beginners | John R |
| ● 5.45pm-6.15pm | Spin | John C |
| ● 6.30pm-7.30pm | Pump | John C |
| ● 6.45pm-7.30pm | Power 45 | John R |

WEDNESDAYS

| | | |
|-------------------|-------------------|--------------|
| ● 9.15am-9.45am | Spin | Becky |
| ● 9.15am-9.55am | Combat | Cathy |
| ● 10.00am-10.45am | Spin | Becky |
| ● 10.00am-10.45am | Fitness Pilates | Cathy |
| ● 12.00pm-12.45pm | Legs, Bums & Tums | Amanda |
| ● 5.00pm-5.45pm | Box & Burn | Joe |
| ● 6.00pm-6.45pm | Power 45 | Dan M & John |
| ● 6.00pm-6.45pm | Body Blitz | Sammy |
| ● 6.00pm-6.45pm | Spin | Marie |
| ● 7.00pm-7.30pm | Spin | Marie |
| ● 7.00pm-7.45pm | Power 45 | Dan M & John |
| ● 7.00pm-8.00pm | Zumba | Sammy |

THURSDAYS

| | | |
|-------------------|-------------------|-----------|
| ● 9.15am-10.00am | Spin | Clare |
| ● 9.15am-10.00am | Power 45 | Jez |
| ● 10.15am-10.45am | Spin | Jez |
| ● 10.15am-10.45am | Swiss Ball Toning | Clare |
| ● 11.00am-11.45am | Yoga | Francesca |
| ● 5.00pm-5.45pm | Power 45 | Joe |
| ● 5.30pm-6.15pm | Body Blitz | Sammy |
| ● 6.00pm-6.45pm | Spin | Joe |
| ● 6.00pm-6.45pm | Box & Burn | Becky |
| ● 6.20pm-6.50pm | Strong Nation | Sammy |
| ● 7.00pm-7.30pm | Spin | Becky |
| ● 7.00pm-7.45pm | Pump | Sammy |

FRIDAYS

| | | |
|-------------------|-----------------|--------|
| ● 9.15am-9.45am | Spin | Clare |
| ● 9.15am-9.45am | Metacon | John C |
| ● 10.00am-10.45am | Spin | John C |
| ● 10.00am-10.30am | Swiss Ball Core | Clare |
| ● 11.30am-12.10pm | Dance Fit | Cathy |
| ● 12.15pm-12.55pm | Combat | Cathy |
| ● 1.00pm-1.45pm | Barre | Cathy |
| ● 6.00pm-6.45pm | Power 45 | John R |

SATURDAYS

| | | |
|-------------------|---------------|-------|
| ● 9.00am-9.45am | Box & Burn | Joe |
| ● 9.00am-9.45am | Strong Nation | Sammy |
| ● 10.00am-10.45am | Spin | Becky |
| ● 10.00am-10.45am | Pump | Joe |
| ● 10.00am-10.45am | Zumba | Sammy |

SUNDAYS

| | | |
|-----------------|-------------|----------|
| ● 9.00am-9.45am | Kettlebells | Sophie C |
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SMALL GROUP TRAINING

Two SGT courses starting Sept - "Learn to Lift" and "Conditioning". Both taken by Dan M. Non mem: £70, Oakwood mem: £50 6 week courses. Details on request.



Please use the Clublink App to check for class changes and cover before booking



Outdoor classes in covered, heated spaces