

Group fitness timetable

Oct-Dec 2025

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 Circuits	Becky
5.30pm-6.15pm	Body Blitz	Amanda
5.30pm-6.15pm	Strong Nation	Sammy
6.00pm-6.45pm	Spin 	Becky
6.30pm-7.15pm	Step Aerobics	Amanda
6.30pm-7.15pm	Metacon	Sammy
7.00pm meet	Run Club - Beginners	Oakwood BD
7.30pm-8.00pm	Spin  NEW	Sammy

Tuesdays

6.45am-7.30am	Spin  NEW	Becky
7.45am-8.15am	Gym Circuits NEW	Becky
9.15am-9.45am	Metacon	Sammy
9.15am-9.45am	Spin	John C
10.00am-10.45am	Pump	Sammy
12.00pm-1.00pm	Pilates	Cathy
12.30pm-1.15pm	Spin NEW	Katharine
5.30pm-6.15pm	Body Blitz	Neil
5.45pm-6.30pm	Circuits	John R
5.45pm-6.15pm	Spin 	Becky
6.00pm-6.45pm	Combat NEW	Sarah
6.30pm-7.30pm	HYROX	Coaching Team
6.40pm-7.30pm	Pump	Neil
7.00pm-7.30pm	Spin NEW	Sarah
7.45pm-8.45pm	HYROX NEW	Coaching Team

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	Body Blitz	Amanda
5.45pm-6.30pm	Spin 	Becky
6.00pm-6.45pm	Circuits	John R
6.00pm-6.45pm	Body Blitz	Neil
6.00pm-7.00pm	Yoga NEW	Federica
7.00pm-7.30pm	Kettlebell Conditioning	Duncan
7.30pm-8.15pm	Spin NEW	Katharine

Thursdays

9.15am-9.55am	Kettlebells	Lisa
10.15am-10.45am	Spin	Lisa
10.05am-10.50am	Stability Circuits	Neil
11.00am-11.50am	Kick-Fit	Lisa
5.30pm-6.15pm	Pump	Sammy
6.00pm-6.45pm	Box & Burn	Becky
6.30pm-7.45pm	HYROX	Coaching Team
7.00pm-7.45pm	Spin 	Becky
7.00pm-7.45pm	Run Club - General	Oakwood BD

Fridays

9.15am-9.45am	Metacon	John C
10.00am-10.45am	Spin	John C
10.00am-10.45am	Pump	Neil
11.30am-12.10pm	Fitness Pilates	Cathy
12.15pm-12.55pm	Combat	Cathy
6.00pm-6.45pm	Circuits	John R

Saturdays

7.45am-8.45am	HYROX	Coaching Team
8.00am-8.45am	Spin NEW	Katharine
9.00am-9.45am	Box & Burn	Becky
9.00am-9.45am	Strong Nation	Sammy
10.00am-10.45am	Zumba	Sammy
10.00am-10.45am	Pump	Neil
10.00am-10.45am	Spin 	Becky

Sundays

9.00am meet	Run Club - Long	Oakwood BD
9.30am-10.30am	Yoga NEW	Federica

RUN CLUB

Organised by the Oakwood Black Dogs. Free to all. Meet in sports centre car park



Spin class uses Intelligent Cycling for immersive indoor cycle experience



Follow our socials



Live timetable

Oakwood Sports Centre