

# VIRTUAL STAGES CYCLE

## TIMETABLE

From 1st December 2025

### MONDAY

7 - 7.30am  
8 - 8.45am  
12.30 - 1pm  
5 - 5.30pm  
7.30 - 8.15pm

### TUESDAY

7 - 7.30am  
8 - 8.45am  
12.30 - 1pm  
5 - 5.30pm  
7.30 - 8.15pm

### WEDNESDAY

7 - 7.30am  
8 - 8.45am  
12.30 - 1pm  
5 - 5.30pm  
7.30 - 8.15pm

### THURSDAY

7 - 7.30am  
8 - 8.45am  
12.30 - 1pm  
5 - 5.30pm  
7.30 - 8.15pm

### FRIDAY

7 - 7.30am  
8 - 8.45am  
12.30 - 1pm  
5 - 5.30pm  
7.30 - 8.15pm

### SATURDAY

7.30 - 8am  
8.30 - 9am  
12.30 - 1pm

### SUNDAY

7.30 - 8am  
8.30 - 9am  
12.30 - 1pm

#### ATTENDING CLASSES

Please ensure you have booked onto your class online or in person via reception from 8am two days in advance.

Please inform the instructor of any injuries or conditions you have which may be affected by exercise.

For health and safety reasons, admittance to class will not be permitted five minutes after the class start time.

For your own safety, please ensure your footwear is appropriate for the class.

Please note, timetable is subject to change in certain circumstances including bank holidays. Contact the HealthSpa for more information. Mobile phones are not permitted in class unless for emergency. If so, they must be kept on silent. Photos and videos must not be taken during class.