

Easter Bank Holiday Weekend

FITNESS TIMETABLE

Friday 3rd - Monday 6th April

Friday 3rd

7:15 - 8:00 
Functional Fitness
with Danny

8:00 - 8:55 
Intro to Reformer
with Megan

8:30 - 9:15 
Functional Fitness
with Luke

9:30 - 10:15 
Functional Fitness
with Conrad

9:30 - 10:30 
Joint Release Yoga
with Vina

9:30 - 10:15
Stages Cycle
with Luke

9:35 - 10:20
Legs, Bums & Tums
with Lidia

10:45 - 11:45 
Restorative Pilates
with Vina

10:30 - 11:30
Rhythm and Abs
with Claire B

10:45 - 11:30
Freestyle Pump
with Sarah S

11:45 - 12:30
Zumba
with Claire B

16:00 - 16:55 
Reformer Pilates
with Kerry

17:15 - 18:15 
Pilates and Stretch
with Kerry

Saturday 4th

8:30 - 9:15 
Boxfit
with Danny

9:00 - 10:00
Running Club
with Dan

9:00 - 9:55
Legs, Bums & Tums
with Kerry

9:30 - 10:15
Stages Cycle
with Simon

10:15 - 11:15 
Pilates
with Kerry

10:30 - 11:15 
Functional Fitness
with Danny

11:30 - 12:15 
Stretch & Relax
with Kerry

13:00 - 13:45 
Family Functional Fitness
with Danny

Sunday 5th

8:45 - 9:30 
Functional Fitness
with Shannon

9:30 - 10:45 
Hatha Yoga
with Vina

10:10 - 11:10
Stages
with Neil

10:15 - 11:00
Circuits
with Charlotte

11:00 - 12:00 
Restorative Yoga and
Meditation
with Vina

15:00 - 16:00 
Gentle Hatha Yoga and
Stretch
with Lizzie

Monday 6th

7:15 - 8:00
Circuits
with Danny

7:15 - 8:10 
Reformer Pilates
with Beth

8:30 - 9:15
Legs, Bums & Tums
with Lidia

9:15 - 10:15 
Pilates and Stretch
with Beth

9:30 - 10:15
Zumba
with Jack

9:40 - 10:25
Stages Cycle
with Ellie

10:30 - 11:15
Body Sculpt
with Ellie

10:30 - 11:30 
Slow Flow Yoga
with Vina

11:45 - 12:45 
Pilates
with Beth

12:00 - 12:45
Stretch on Gym Floor
with Conrad

18:15 - 19:00
Circuits
with Charlotte

