

Timetable

The Sport & Fitness Centre

Spinning

Try this class for a really effective, motivating and calorie burning/cardiovascular workout on our indoor spinning bikes. Spinning involves no routines or need for co-ordination. Located in the Spinning Studio.

Powerbags

Try this circuit based class for a motivating and extremely effective full body workout. The Powerbag is used as a form of resistance alongside CV exercises to help burn calories, tone muscle, improve strength and give a cardiovascular workout.

Healthy Hour Ladies Circuit

This circuit based class provides a full body workout, using a range of exercises to help burn calories, increase muscle tone and improve general health and fitness. Fully qualified instructors and ladies only.



Monday

Ladies Circuit

5:30 - 6:15pm

Total Powerbags

7:00 - 8:00pm

(External Instructor £3.50)

Tuesday

HIIT

6:00 - 6:30pm

Wednesday

Express Abs

12:10 - 12:30pm

Spinning

6:25 - 6:55pm

One Bar Class

7:00 - 7:45pm

(External Instructor £3)

Booking advisory, Limited spaces

Zumba

7:00 - 8:00pm

(External Instructor £4)

Thursday

Ladies Circuit

5:30 - 6:15pm

Circuit

6:00 - 7:00pm

Total Powerbags

7:00 - 8:00pm

(External Instructor £3.50)

Friday

Spinning

12:15 - 12:45pm

