

MONDAY

Class Type	Time	Instructor	Location
Spin 30	06:30 - 07:00	Gym Staff	Spin Studio
The TRIP™	07:15 - 08:00	Virtual	Spin Studio
Sprint™	08:15 - 08:45	Virtual	Spin Studio
Spin 45	09:00 - 09:45	Gym Staff	Spin Studio
RPM™	10:00 - 10:50	Virtual	Spin Studio
Sprint™	12:00 - 12:30	Virtual	Spin Studio
The TRIP™	13:15 - 14:00	Virtual	Spin Studio
Sprint™	14:15 - 14:45	Virtual	Spin Studio
RPM™	14:50 - 15:40	Virtual	Spin Studio
The TRIP™	15:45 - 16:30	Virtual	Spin Studio
Sprint™	16:35 - 17:05	Virtual	Spin Studio
Spin 30	17:45 - 18:15	Gym Staff	Spin Studio
RPM™	18:30 - 19:20	Virtual	Spin Studio
The TRIP™	19:30 - 20:15	Virtual	Spin Studio
Sprint™	20:20 - 20:50	Virtual	Spin Studio
Sprint™	21:00 - 21:30	Virtual	Spin Studio

TUESDAY

Spin 30	06:30 - 07:00	Gym Staff	Spin Studio
RPM™	07:05 - 07:55	Virtual	Spin Studio
Sprint™	08:00 - 08:30	Virtual	Spin Studio
The TRIP™	08:45 - 09:30	Virtual	Spin Studio
RPM™	11:00 - 11:50	Virtual	Spin Studio
Spin 45	12:15 - 13:00	Gym Staff	Spin Studio
Sprint™	13:15 - 13:45	Virtual	Spin Studio
RPM™	14:00 - 14:50	Virtual	Spin Studio
The TRIP™	15:00 - 15:45	Virtual	Spin Studio
RPM™	16:00 - 16:50	Virtual	Spin Studio
Spin 30	17:15 - 17:45	Gym Staff	Spin Studio
The TRIP™	19:15 - 20:00	Virtual	Spin Studio
Sprint™	20:15 - 20:45	Virtual	Spin Studio
Sprint™	21:00 - 21:30	Virtual	Spin Studio

WEDNESDAY

Class Type	Time	Instructor	Location
Spin 30	06:30 - 07:00	Gym Staff	Spin Studio
Sprint™	07:15 - 07:45	Virtual	Spin Studio
The TRIP™	08:00 - 08:45	Virtual	Spin Studio
Spin 45	09:00 - 09:45	Gym Staff	Spin Studio
The TRIP™	10:00 - 10:45	Virtual	Spin Studio
Sprint™	11:00 - 11:30	Virtual	Spin Studio
RPM™	11:45 - 12:35	Virtual	Spin Studio
The TRIP™	12:45 - 13:30	Virtual	Spin Studio
Sprint™	13:45 - 14:15	Virtual	Spin Studio
RPM™	14:30 - 15:20	Virtual	Spin Studio
Sprint™	15:30 - 16:00	Virtual	Spin Studio
The TRIP™	16:15 - 17:00	Virtual	Spin Studio
Sprint™	17:00 - 17:30	Virtual	Spin Studio
The TRIP™	17:35 - 18:20	Virtual	Spin Studio
Spin 30	18:30 - 19:00	Gym Staff	Spin Studio
RPM™	19:15 - 20:05	Virtual	Spin Studio
Sprint™	20:15 - 20:45	Virtual	Spin Studio
The TRIP™	21:00 - 21:45	Virtual	Spin Studio

THURSDAY

Sprint™	06:30 - 07:00	Virtual	Spin Studio
Sprint™	07:15 - 07:45	Virtual	Spin Studio
RPM™	08:00 - 08:50	Virtual	Spin Studio
Spin 30	09:00 - 09:30	Gym Staff	Spin Studio
The TRIP™	11:00 - 11:45	Virtual	Spin Studio
Spin 45	12:15 - 13:00	Gym Staff	Spin Studio
Sprint™	13:30 - 14:00	Virtual	Spin Studio
Sprint™	15:45 - 16:15	Virtual	Spin Studio
RPM™	16:20 - 17:10	Virtual	Spin Studio
Spin 30	17:15 - 17:45	Gym Staff	Spin Studio
The TRIP™	18:15 - 19:00	Virtual	Spin Studio
RPM™	19:15 - 20:05	Virtual	Spin Studio
Sprint™	20:15 - 20:45	Virtual	Spin Studio

FRIDAY

Class Type	Time	Instructor	Location
Spin 30	06:30 - 07:00	Gym Staff	Spin Studio
RPM™	07:05 - 07:55	Virtual	Spin Studio
Sprint™	08:00 - 08:30	Virtual	Spin Studio
Spin 45	09:00 - 09:45	Gym Staff	Spin Studio
Sprint™	10:00 - 10:30	Virtual	Spin Studio
The TRIP™	12:45 - 13:30	Virtual	Spin Studio
RPM™	13:45 - 14:35	Virtual	Spin Studio
Sprint™	14:45 - 15:15	Virtual	Spin Studio
The TRIP™	15:30 - 16:15	Virtual	Spin Studio
Sprint™	16:30 - 17:00	Virtual	Spin Studio
Spin 45	17:15 - 18:00	Gym Staff	Spin Studio
Sprint™	18:15 - 18:45	Virtual	Spin Studio
RPM™	19:00 - 19:50	Virtual	Spin Studio

SATURDAY

Sprint™	08:00 - 08:30	Virtual	Spin Studio
The TRIP™	08:35 - 09:20	Virtual	Spin Studio
RPM™	09:30 - 10:20	Virtual	Spin Studio
Sprint™	10:30 - 11:00	Virtual	Spin Studio
The TRIP™	11:15 - 12:00	Virtual	Spin Studio
Sprint™	12:15 - 12:45	Virtual	Spin Studio
RPM™	13:00 - 13:50	Virtual	Spin Studio
Sprint™	14:00 - 14:30	Virtual	Spin Studio
The TRIP™	14:45 - 15:30	Virtual	Spin Studio

SUNDAY

Sprint™	08:00 - 08:30	Virtual	Spin Studio
The TRIP™	08:35 - 09:20	Virtual	Spin Studio
RPM™	09:30 - 10:20	Virtual	Spin Studio
Sprint™	10:30 - 11:00	Virtual	Spin Studio
The TRIP™	11:15 - 12:00	Virtual	Spin Studio
Sprint™	12:15 - 12:45	Virtual	Spin Studio
RPM™	13:00 - 13:50	Virtual	Spin Studio
Sprint™	14:00 - 14:30	Virtual	Spin Studio
The TRIP™	14:45 - 15:30	Virtual	Spin Studio

CLASSES

If you are a member, please download the **Technogym app** for free to book on to a class.



Non-members please call **01254 824 333** to book.

MONDAY

Class Type	Time	Instructor	Location
Circuits	07:05 - 07:35	Gym Staff	Studio 1
BodyPump™	08:00 - 08:45	Virtual	Studio 1
BodyAttack™ *NEW*	09:00 - 09:45	Virtual	Studio 1
Move & Groove	10:00 - 10:45	Naomi	Studio 1
Stretch It Out	11:00 - 12:00	Naomi	Studio 1
Core™ *NEW*	15:15 - 16:00	Virtual	Studio 1
SH'BAM™	16:15 - 17:00	Virtual	Studio 1
Circuits / HIIT	17:15 - 17:45	Gym Staff	Studio 1
Barbell Club	18:20 - 19:05	Gym Staff	Studio 1
BodyBalance™	19:15 - 20:00	Virtual	Studio 1
BodyAttack™ *NEW*	20:15 - 21:00	Virtual	Studio 1

WEDNESDAY

Class Type	Time	Instructor	Location
GRIT Cardio™ *NEW*	06:30 - 07:00	Virtual	Studio 1
Boxing Circuit	07:05 - 07:35	Gym Staff	Studio 1
BodyAttack™ *NEW*	07:45 - 08:30	Virtual	Studio 1
BodyBalance™	09:00 - 09:45	Sarah	Studio 1
Circuits	10:00 - 10:45	Gym Staff	Studio 1
BodyPump™	14:30 - 15:30	Virtual	Studio 1
SH'BAM™	16:30 - 17:15	Virtual	Studio 1
Legs, Bums & Tums	17:30 - 18:15	Gym Staff	Studio 1
Body Combat™	18:30 - 19:00	Virtual	Studio 1
Kettlebells	19:05 - 19:35	Gym Staff	Studio 1
Core™ *NEW*	19:45 - 20:30	Virtual	Studio 1
BodyPump™	20:45 - 21:30	Virtual	Studio 1

FRIDAY

Class Type	Time	Instructor	Location
GRIT Strength™ *NEW*	06:30 - 07:00	Virtual	Studio 1
Circuits / HIIT	07:05 - 07:35	Gym Staff	Studio 1
BodyPump™	08:30 - 09:15	Virtual	Studio 1
Basic/Intermediate Pilates	11:00 - 12:00	Eva	Studio 1
Stephens Surprise	12:05 - 12:35	Stephen	Studio 1 / Spin Studio
Core™ *NEW*	15:15 - 16:00	Virtual	Studio 1
Body Combat™	16:15 - 16:45	Virtual	Studio 1
GRIT Cardio™ *NEW*	17:15 - 17:45	Virtual	Studio 1
Kettlebells	18:05 - 18:35	Gym Staff	Studio 1
BodyBalance™	18:45 - 19:30	Virtual	Studio 1

TUESDAY

Class Type	Time	Instructor	Location
GRIT Strength™ *NEW*	06:30 - 07:00	Virtual	Studio 1
Abs & Core *NEW*	07:05 - 07:35	Gym Staff	Studio 1
BodyCombat™	07:45 - 08:30	Virtual	Studio 1
SH'BAM™	09:00 - 09:45	Virtual	Studio 1
Freestyle Yoga & Dynamic Pilates	10:00 - 11:00	Lynsey	Studio 1
BodyPump™	13:00 - 13:45	Virtual	Studio 1
BodyAttack™ *NEW*	14:00 - 14:45	Virtual	Studio 1
Core™ *NEW*	15:00 - 15:30	Virtual	Studio 1
BodyBalance™	15:45 - 16:30	Virtual	Studio 1
BodyCombat™	16:45 - 17:15	Virtual	Studio 1
HIIT Step	17:30 - 18:00	Catherine	Studio 1
Pilates & Stretch	18:10 - 19:10	Eva	Studio 1
Bodytone *NEW*	19:15 - 19:45	Gym Staff	Studio 1
Core™ *NEW*	20:00 - 20:45	Virtual	Studio 1

THURSDAY

Class Type	Time	Instructor	Location
Max Burn	07:00 - 07:30	Gym Staff	Studio 1
Core™ *NEW*	07:45 - 08:15	Virtual	Studio 1
GRIT Athletic™ *NEW*	08:30 - 09:00	Virtual	Studio 1
BodyPump™	09:10 - 09:55	Sarah	Studio 1
BodyBalance™	10:00 - 10:45	Sarah	Studio 1
BodyCombat™	11:15 - 12:00	Virtual	Studio 1
BodyBalance™	13:30 - 14:15	Virtual	Studio 1
BodyPump™	14:30 - 15:15	Virtual	Studio 1
SH'BAM™	16:00 - 16:45	Virtual	Studio 1
BODYFIGHT *NEW*	17:15 - 18:00	Eva	Studio 1
Stretch	18:05 - 18:35	Eva	Studio 1
Core™ *NEW*	19:15 - 20:00	Virtual	Studio 1
GRIT Strength™ *NEW*	20:15 - 20:45	Virtual	Studio 1
BodyBalance™	21:00 - 21:45	Virtual	Studio 1

SATURDAY

Class Type	Time	Instructor	Location
BootCamp	08:15 - 08:45	Gym Staff	Studio 1
Barbell Club	09:00 - 10:00	Gym Staff	Studio 1
BodyAttack™ *NEW*	10:15 - 11:00	Virtual	Studio 1
SH'BAM™	11:15 - 12:00	Virtual	Studio 1
Core™ *NEW*	12:15 - 12:45	Virtual	Studio 1
BodyPump™	13:00 - 13:45	Virtual	Studio 1
BodyCombat™	14:00 - 14:45	Virtual	Studio 1

SUNDAY

Class Type	Time	Instructor	Location
Legs, Bums & Tums	08:30 - 09:00	Gym Staff	Studio 1
Power Pump	09:05 - 09:50	Gym Staff	Studio 1
Stretch It Out	10:00 - 10:45	Gym Staff	Studio 1
BodyBalance™	11:30 - 12:15	Virtual	Studio 1
Core™ *NEW*	13:00 - 13:45	Virtual	Studio 1
SH'BAM™	14:30 - 15:00	Virtual	Studio 1