

MONDAY

| Class Type | Time | Instructor | Location |
|-------------------------|---------------|------------|-------------|
| Sprint™ | 06:30 - 07:00 | Virtual | Spin Studio |
| Turbo Spin *NEW* | 07:05 - 07:35 | Gym Staff | Spin Studio |
| Sprint™ | 07:35 - 08:05 | Virtual | Spin Studio |
| Sprint™ | 08:15 - 08:45 | Virtual | Spin Studio |
| Max Spin *NEW* | 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

| | | | |
|-----------------------------|---------------|-----------|-------------|
| Turbo Spin *NEW* | 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 Back Time *NEW* | 09:00 - 09:30 | Gym Staff | Spin Studio |
| RPM™ | 11:00 - 11:50 | Virtual | Spin Studio |
| Spin & Go *NEW* | 12:00 - 12:45 | 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 |
| Turbo Spin *NEW* | 17:15 - 17:45 | Gym Staff | Spin Studio |
| Sprint™ | 19:30 - 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 |
|-------------------------|---------------|------------|-------------|
| Turbo Spin *NEW* | 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 |
| Max Spin *NEW* | 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 |
| Spin & Go *NEW* | 12:00 - 12:45 | Gym Staff | 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 |
| Sprint™ | 17:35 - 18:05 | Virtual | Spin Studio |
| Sprint™ | 18:30 - 19:00 | Virtual | 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 |
| Turbo Spin *NEW* | 09:00 - 09:30 | Gym Staff | Spin Studio |
| The TRIP™ | 11:00 - 11:45 | Virtual | Spin Studio |
| Spin & Go *NEW* | 12:15 - 13:00 | Gym Staff | Spin Studio |
| Sprint™ | 13:30 - 14:00 | Virtual | Spin Studio |
| RPM™ | 14:45 - 15:35 | Virtual | Spin Studio |
| Sprint™ | 15:45 - 16:15 | Virtual | Spin Studio |
| RPM™ | 16:20 - 17:10 | Virtual | Spin Studio |
| Turbo Sprint *NEW* | 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 |
|--------------------------|---------------|------------|-------------|
| Turbo Spin *NEW* | 06:30 - 07:00 | Gym Staff | Spin Studio |
| RPM™ | 07:05 - 07:55 | Virtual | Spin Studio |
| Sprint™ | 08:00 - 08:30 | Virtual | Spin Studio |
| Pedal Party *NEW* | 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 |
| Pedal Party *NEW* | 17:15 - 18:00 | Gym Staff | Spin Studio |
| Sprint™ | 18:15 - 18:45 | Virtual | Spin Studio |

SATURDAY

| | | | |
|-----------|---------------|---------|-------------|
| Sprint™ | 08:05 - 08:35 | Virtual | Spin Studio |
| The TRIP™ | 08:40 - 09:25 | 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™ | 08:05 - 08:35 | Virtual | Spin Studio |
| The TRIP™ | 08:40 - 09:25 | 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 | |
| Fat Burn *NEW* | 07:05 - 07:35 | Gym Staff | Studio 1 | |
| BodyPump™ | 08:00 - 08:45 | Virtual | Studio 1 | |
| Max Burn *NEW* | 09:00 - 09:30 | Gym Staff | Studio 1 | |
| Move & Groove | 10:00 - 10:45 | Naomi | Studio 1 | |
| Stretch It Out | 11:00 - 12:00 | Naomi | Studio 1 | |
| Tone in the Zone *NEW* | 12:00 - 12:30 | Gym Staff | Studio 1 | |
| Core™ | 15:15 - 16:00 | Virtual | Studio 1 | |
| SH'BAM™ | 16:15 - 17:00 | Virtual | Studio 1 | |
| Strength Surge *NEW* | 17:15 - 17:45 | Gym Staff | Studio 1 | |
| HIIT Step | 17:50 - 18:30 | Catherine | Studio 1 | |
| BodyBalance™ *NEW* | 18:30 - 19:15 | Catherine | Studio 1 | |
| BodyAttack™ | 20:15 - 21:00 | Virtual | Studio 1 | |

| WEDNESDAY | | | | |
|-----------------------------------|---------------|------------|----------|--|
| Class Type | Time | Instructor | Location | |
| Fast Burn *NEW* | 07:05 - 07:35 | Gym Staff | Studio 1 | |
| BodyAttack™ | 07:45 - 08:30 | Virtual | Studio 1 | |
| BodyBalance™ | 09:00 - 09:45 | Sarah | Studio 1 | |
| BodyPump™ | 14:30 - 15:30 | Virtual | Studio 1 | |
| SH'BAM™ | 16:30 - 17:15 | Virtual | Studio 1 | |
| Glute Lab *NEW* | 17:30 - 18:00 | Gym Staff | Studio 1 | |
| Max Burn *NEW* | 18:00 - 18:30 | Gym Staff | Studio 1 | |
| Core, Abs and Cardio *NEW* | 18:30 - 19:00 | Gym Staff | Studio 1 | |
| BodyPump™ | 19:05 - 19:50 | Virtual | Studio 1 | |
| BodyBalance™ | 20:00 - 20:45 | Virtual | Studio 1 | |

| FRIDAY | | | | |
|----------------------------|---------------|------------|------------------------|--|
| Class Type | Time | Instructor | Location | |
| Calorie Crush *NEW* | 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 | |
| Max Effort *NEW* | 12:05 - 12:35 | Stephen | Studio 1 / Spin Studio | |
| Core™ | 15:15 - 16:00 | Virtual | Studio 1 | |
| Body Combat™ | 16:15 - 16:45 | Virtual | Studio 1 | |
| Max Burn *NEW* | 17:30 - 18:00 | Gym Staff | Studio 1 | |
| Glute Lab *NEW* | 18:05 - 18:35 | Gym Staff | Studio 1 | |
| BodyBalance™ | 18:45 - 19:30 | Virtual | Studio 1 | |

| TUESDAY | | | | |
|----------------------------------|---------------|------------|----------|--|
| Class Type | Time | Instructor | Location | |
| GRIT Strength™ | 06:30 - 07:00 | Virtual | Studio 1 | |
| Lift and Tone *NEW* | 07:05 - 07:35 | Gym Staff | Studio 1 | |
| Max Burn *NEW* | 09:00 - 09:30 | Gym Staff | Studio 1 | |
| Freestyle Yoga & Dynamic Pilates | 10:00 - 11:00 | Lynsey | Studio 1 | |
| Tone in the Zone *NEW* | 12:00 - 12:30 | Gym Staff | Studio 1 | |
| BodyPump™ | 13:00 - 13:45 | Virtual | Studio 1 | |
| BodyAttack™ | 14:00 - 14:45 | Virtual | Studio 1 | |
| Core™ | 15:00 - 15:30 | Virtual | Studio 1 | |
| BodyBalance™ | 15:45 - 16:30 | Virtual | Studio 1 | |
| BodyCombat™ | 16:45 - 17:15 | Virtual | Studio 1 | |
| Glute Lab *NEW* | 17:45 - 18:15 | Gym Staff | Studio 1 | |
| Pilates & Stretch | 18:15 - 19:15 | Eva | Studio 1 | |
| Core™ | 20:15 - 21:00 | Virtual | Studio 1 | |

| THURSDAY | | | | |
|-------------------------------|---------------|------------|----------|--|
| Class Type | Time | Instructor | Location | |
| Max Burn *NEW* | 06:45 - 07:30 | Gym Staff | Studio 1 | |
| Core™ | 07:45 - 08:15 | Virtual | Studio 1 | |
| GRIT Athletic™ | 08:30 - 09:00 | Virtual | Studio 1 | |
| BodyPump™ | 09:10 - 09:55 | Sarah | Studio 1 | |
| Yoga *NEW* | 10:00 - 10:45 | Sarah | Studio 1 | |
| Calorie Crush *NEW* | 11:15 - 11:45 | Gym Staff | Studio 1 | |
| BodyBalance™ | 13:30 - 14:15 | Virtual | Studio 1 | |
| Tone in the Zone *NEW* | 16:00 - 16:30 | Gym Staff | Studio 1 | |
| PowerPump | 17:15 - 18:00 | Eva | Studio 1 | |
| Pure Stretch | 18:05 - 18:35 | Eva | Studio 1 | |
| GRIT Strength™ | 20:15 - 20:45 | Virtual | Studio 1 | |
| BodyBalance™ | 21:00 - 21:45 | Virtual | Studio 1 | |

| SATURDAY | | | | |
|-----------------------------|---------------|------------|----------|--|
| Class Type | Time | Instructor | Location | |
| Strength Surge *NEW* | 08:05 - 08:55 | Gym Staff | Studio 1 | |
| Barbell Club | 09:00 - 10:00 | Gym Staff | Studio 1 | |
| SH'BAM™ | 11:15 - 12:00 | Virtual | Studio 1 | |
| Core™ | 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 | |
| Glute Lab *NEW* | 08:30 - 09:00 | Gym Staff | Studio 1 | |
| Power Pump | 09:05 - 09:50 | Gym Staff | Studio 1 | |
| Pure Stretch | 10:00 - 10:45 | Gym Staff | Studio 1 | |
| BodyBalance™ | 11:30 - 12:15 | Virtual | Studio 1 | |
| Core™ | 13:00 - 13:45 | Virtual | Studio 1 | |
| SH'BAM™ | 14:30 - 15:00 | Virtual | Studio 1 | |