

Tired of your normal workout?

Book a Class today...



We hold a large selection of classes each week - all free to members*
Book at Reception or call **020 8950 2283**

MONDAY

Gym Circuits	09.30 -10.30♣
Fitness Salsa	09.30 - 10.30
Prestige Circuits	10.30 - 11.30♣
Body Conditioning	10.30 - 11.30
Spinning	18.00 -19.00●
Spinning	19.00 - 20.00●
Pilates	18.30 - 19.30
Fight Club	19.30 - 20.30
Yoga S	20.30 - 21.45

TUESDAY

Spinning	09.00 - 9.45●
Pilates	09.30 - 10.30
Yoga	10.30 - 11.30
Aerobotone S	18.15 - 19.15
Spinning	18.30 -19.15●
Body Pump	19.15 - 20.15
Absolute Abs	19.30- 20.00♣

WEDNESDAY

Gym Circuits	09.30 -10.30♣
Whole Caboodle	09.30 - 10.30
Pilates	10.30 - 11.30
Pilates/Chi Ball	18.00 - 19.00
Kick Aerobics	19.00 - 20.00
Spinning	18.30 - 19.00
Spinning	19.00 - 20.00●
Street Dance S	20.00- 21.15

Class takes place in Lobby
♣ Class takes place in Gym
Open to Non Members
S Students allowed to participate
All other classes take place in Dance Studio

THURSDAY

Boot Camp	06.30 - 07.30
Spinning	09.30 - 10.15
Yoga	09.30 - 10.45
Beg Pilates/Back Care	10.45 - 11.45
Body Pump	18.00 - 19.00
Circuits S	19.00 - 20.00
Spinning	19.00 - 19.45●
Zumba	20.00 - 21.00

FRIDAY

Spinning	06.45 - 07.30
Absolute Abs	09.00 - 09.30♣
Kick Aerobics	09.30 - 10.30
Legs, Bums& Tums	10.30 - 11.30
Chi Ball	11.45 - 12.45
Fitness Salsa S	17.30 - 18.30

SATURDAY

Boot Camp	09.00 - 10.00
Zumba S	09.30 - 10.30
Spinning	09.45 - 10.30●
Body Pump	10.30 - 11.30
Absolute Abs	11.30 - 12.00♣
Yoga S	12.00 - 13.30

SUNDAY

Spinning	09.15 - 10.00●
Spinning	10.10 - 10.55●
Belly Dancing S	10.00 - 11.00
Body Pump	11.00 - 12.00

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