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| Venue | Class Description | Time | | Day | Instructor | |
| Gym | Functional Fitness | 07:00 | | Monday | FI | |
| Studio 1 | Total Body Conditioning | 09:15 | | Monday | Curtis | |
| Studio 1 | Power Pump | 10:15 | | Monday | Emma | |
| Studio 2 | Yoga / Stretch | 10:15 | | Monday | Emily | |
| Studio 1 | Zumba | 11:10 | | Monday | Jess | |
| Main Pool | Water Workout | 11:45 | | Monday | Emma | |
| Studio 2 | Zumba **Basics\*** | 12:00 | | Monday | Jess | |
| Studio 1 | Combat | 12:15 | | Monday | Emily | |
| Studio 1 | **Junior** Strength and Conditioning (30min class for juniors aged 11-15) | 16:00 | | Monday | Laura | |
| Studio 1 | Extreme Interval Training | 17:30 | | Monday | Emma | |
| Studio 2 | Pilates | 17:45 | | Monday | Rebecca | |
| Studio 1 | Total Body Conditioning | 18:30 | | Monday | Emma | |
| Studio 2 | Yoga | 19:00 | | Monday | Anna | |
| Studio 1 | Group Cycle | 19:30 | | Monday | Emma | |
|  | | | | | | |
| Studio 1 | Group Cycle | 07:00 | | Tuesday | Emily | |
| Gym | Functional Fitness | 08:00 | | Tuesday | FI | |
| Studio 1 | Core Stability | 09:15 | | Tuesday | Curtis | |
| Boxing Area (Gym) | Boxfit | 09:45 | | Tuesday | Emma | |
| Studio 2 | Yoga | 09:50 | | Tuesday | Mirella | |
| Studio 1 | Total Body Conditioning | 10:15 | | Tuesday | Curtis | |
| Trampoline Park | Fit Bounce | 10:30 | | Tuesday | Emma | |
| Studio 2 | Combat **Basics\*** | 10:45 | | Tuesday | Jess | |
| Sports Hall | 55+ Aerobics **Basics\*** | 11:15 | | Tuesday | Maureen | |
| Studio 1 | Ballet Fit | 11:15 | | Tuesday | Amy | |
| Main Pool | Water Workout | 11:45 | | Tuesday | Jess | |
| Studio 2 | Pilates | 12:15 | | Tuesday | Nigel | |
| Boxing area (Gym) | **Junior** Cardio (Boxfit themed 30min class for juniors aged 11-15) | 15:45 | | Tuesday | Anna | |
| Boxing area (Gym) | Boxfit **Basics\*** | 16:30 | | Tuesday | Anna | |
| Studio 2 | Power Pump | 17:30 | | Tuesday | Helen | |
| Studio 1 | Group Cycle | 17:45 | | Tuesday | Laura | |
| Studio 1 | Combat | 18:30 | | Tuesday | Helen | |
| Studio 2 | Zumba | 18:45 | | Tuesday | Siobhain | |
| Studio 1 | Yoga | 19:30 | | Tuesday | Anna | |
|  |  |  |  | | |  | |  |
| Studio 1 | Combat | 07:00 | | Wednesday | Helen | |
| Gym | Functional Fitness | 07:00 | | Wednesday | Ben | |
| Studio 2 | Pilates | 09:30 | | Wednesday | Mirella | |
| Studio 1 | Total Body Conditioning | 09:30 | | Wednesday | Emma | |
| Studio 1 | Zumba | 10:30 | | Wednesday | Amy | |
| Trampoline Park | Fit Bounce | 10:30 | | Wednesday | Emma | |
| Studio 1 | Group Cycle | 11:20 | | Wednesday | Emma | |
| Studio 2 | Yoga | 11:20 | | Wednesday | Emily | |
| Studio 1 | Power Pump | 12:15 | | Wednesday | Emily | |
| Studio 1 | Relaxercise – Chair based exercise - class starting from Tuesday 15th September | 14:00 | | Wednesday | Maureen | |
| Main Pool | Water Workout | 15:15 | | Wednesday | Emily | |
| Studio 2 | Core Stability | 17:15 | | Wednesday | Curtis | |
| Studio 1 | Zumba | 17:45 | | Wednesday | Jess | |
| Studio 2 | Yoga | 18:15 | | Wednesday | Sossi | |
| Studio 1 | Group Cycle | 18:40 | | Wednesday | Anna | |
| Studio 2 | Pilates | 19:15 | | Wednesday | Nigel | |
| Studio 1 | Circuits | 19:30 | | Wednesday | Dave H | |
|  | | | | | | |
| Gym | Functional Fitness | 07:00 | | Thursday | FI | |
| Studio 1 | Group Cycle | 09:30 | | Thursday | Emily | |
| Studio 2 | Total Body Conditioning | 09:30 | | Thursday | Emma | |
| Studio 2 | Zumba | 10:15 | | Thursday | Mirella | |
| Studio 1 | Core Stability | 10:30 | | Thursday | Emma | |
| Studio 2 | 55 + Aerobics **Basics\*** | 11:15 | | Thursday | Maureen | |
| Studio 2 | Line Dancing **Basics**\* | 13:15 | | Thursday | Maureen | |
| Studio 1 | Combat **Basics\*** | 16:30 | | Thursday | Anna | |
| Studio 1 | **Junior** Dance (Street, Jazz, Zumba based 30min class for juniors aged 11-15) | 17:00 | | Thursday | Siobhain | |
| Studio 2 | Legs, Bums and Tums | 17:30 | | Thursday | Anna | |
| Studio 1 | Zumba | 17:45 | | Thursday | Siobhain | |
| Studio 2 | Yoga | 18:30 | | Thursday | Anna | |
| Studio 1 | Total Body Conditioning | 18:45 | | Thursday | Dave | |
| Studio 1 | Boxfit | 19:30 | | Thursday | Dave | |
|  | | | | | | |
| Gym | Functional Fitness | 07:00 | | Friday | FI | |
| Studio 1 | Zumba | 09:15 | | Friday | Jess | |
| Studio 2 | Yoga | 09:15 | | Friday | Bryony | |
| Studio 1 | Total Body Conditioning | 10:15 | | Friday | Emily | |
| Studio 2 | 55+ Aerobics **Basics**\* | 10:30 | | Friday | Laura | |
| Studio 1 | Power Pump | 11:15 | | Friday | Anna | |
| Main Pool | Water Workout | 11:45 | | Friday | Emma | |
| Studio 1 | Group Cycle | 12:45 | | Friday | Emma | |
| Studio 1 | Zumba | 17:30 | | Friday | Amy | |
| Studio 2 | Legs, Bums and Tums | 17:45 | | Friday | Kathryn | |
| Studio 1 | Ballet Fit | 18:30 | | Friday | Amy | |
|  | | | | | | |
| Gym | Functional Fitness | 08:00 | | Saturday | FI | |
| Studio 1 | Total Body Conditioning | 09:15 | | Saturday | Curtis | |
| Studio 2 | Pilates | 10:00 | | Saturday | Rebecca | |
| Gym | Boxfit | 10:00 | | Saturday | Anna | |
| Studio 1 | Zumba | 10:15 | | Saturday | Amy | |
| Studio 1 | Ballet Fit | 11:15 | | Saturday | Amy | |
| Studio 2 | Yoga | 11:15 | | Saturday | Sossi | |
| Studio 1 | Group Cycle | 12:15 | | Saturday | Anna | |
| Gym | Functional Fitness | 14:00 | | Saturday | Marie | |
|  | | | | | | |
| Studio 1 | Zumba | 09:15 | | Sunday | Helen | |
| Studio 1 | Combat | 10:15 | | Sunday | Helen | |
| Studio 2 | **Junior** Mind and Body (30 minute low impact, strength and flexibility class for juniors aged 11-15) | 10:15 | | Sunday | Sossi | |
| Studio 2 | Yoga | 11:15 | | Sunday | Sossi | |
| Gym | Functional Fitness | 14:00 | | Sunday | Marie | |

**Basics \*** What ever your level of fitness, you're welcome at one of our fitness classes. We've recently launched classes for beginners, juniors, seniors or those wanting to return, why not give one a try today!