

CLASS TIMETABLE

FROM SEPTEMBER 2025

MONDAY

CLASS	TIME	LOCATION	INSTRUCTOR
HYROX	06.15-07.00	HYRIG	Club Coach
Body Pump Express	07.00-07.45	Dance Studio	Bea
Pilates	08.00-08.55	Wellness	Charlene
Pilates	09.15-10.15	Wellness	Charlene
HYRIG Strength	09.45-10.35	HYRIG	Club Coach
Body Pump	10.00-10.55	Dance Studio	Jess
Reformer Pilates*	10.45-11.35	Wellness	Charlene
Zumba	11.00-11.45	Dance Studio	Lucy
Reformer Pilates*	11.45-12.35	Wellness	Charlene
Body Combat	12.30-13.15	Dance Studio	Bea
Reformer Pilates*	16.30-17.20	Wellness	Julie
Reformer Pilates*	17.30-18.20	Wellness	Julie
HYROX Strength	17.45-18.35	HYRIG	Club Coach
Circuits	18.00-19.00	Dance Studio	Lucy
Indoor Cycle	18.15-19.00	Cycle Studio	Charlie
Yoga Vinyasa	18.30-19.30	Wellness	Francine
Zumba	19.10-19.55	Dance Studio	Lucy

TUESDAY

HYRIG HYROX	06.30-07.25	HYRIG	Charlie
Yoga Sunrise	07.00-07.55	Wellness	Francine
TRX Core Strength	07.45-08.15	HYRIG	Charlie
Pilates	09.15-10.15	Wellness	Zoe Hall
Kettlebells	09.15-10.00	Dance Studio	Matt
Indoor Cycle	09.30-10.15	Cycle Studio	Simon
TRX Core Strength	10.00-10.30	HYRIG	Club Coach
LBT	10.15-11.10	Dance Studio	Sharon
Reformer Pilates*	10.30-11.20	Wellness	Francine
Low Impact Circuits	11.15-12.00	Dance Studio	Alli
Reformer Pilates*	11.30-12.20	Wellness	Francine
Pilates Barre	12.30-13.30	Wellness	Francine

*class has an additional charge

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HYRIG BUILD	12.30-13.20	HYRIG	Jess
Reformer Pilates*	17.00-17.50	Wellness	Julie
HYRIG HYROX	17.45-18.35	HYRIG	Matt
LBT HiiT	18.00-18.50	Dance Studio	Charlie
Reformer Pilates*	18.00-18.50	Wellness	Julie
Indoor Cycle	18.15-19.00	Cycle Studio	Lucy
HYRIG HYROX	18.45-19.35	HYRIG	Owen
Yoga Hatha	19.00-20.00	Wellness	Nicole
Body Pump Express	19.00-19.50	Dance Studio	Sallie

WEDNESDAY

HYRIG BUILD	06.20-7.10	HYRIG	Scott
Indoor Cycle	07.00-07.45	Cycle Studio	Charlie
Reformer Pilates*	07.30-08.20	Wellness	Julie
Reformer Pilates*	08.30-09.20	Wellness	Julie
HYRIG HiiT	09.30-10.15	HYRIG	Scott
Zumba	09.30-10.15	Dance Studio	Lucy
Yoga Vinyasa	09.45-10.45	Wellness	Lucie Jenner
Indoor Cycle	09.45-10.30	Cycle Studio	Emma
LBT	10.20-11.05	Dance Studio	Helen
TRX Core Strength	10.30-11.00	HYRIG	Agnes
Reformer Pilates*	11.00-11.50	Wellness	Lucy
Body Pump Express	11.30-12.15	Dance Studio	Emma
HYRIG HYROX	12.30-13.20	HYRIG	Scott
Reformer Pilates*	16.00-16.50	Wellness	Julie
Reformer Pilates*	17.00-17.50	Wellness	Julie
Body Pump	18.00-18.55	Dance Studio	Jess
Yoga Hatha Flow	18.00-19.00	Wellness	Sarah Wheeler
Indoor Cycle	18.15-19.00	Cycle Studio	Lucy
HYRIG BUILD	18.15-19.10	HYRIG	Club Coach
Pilates for Strength	19.15-20.00	Wellness	David Slater

THURSDAY

HYRIG HiiT	06.30-07.15	HYRIG	Club Coach
Yoga Sunrise	07.00-08.00	Wellness	Francine
TRX Core Strength	07.30-08.00	HYRIG	Club Coach
Pilates	08.30-09.30	Wellness	Francine
Indoor Cycle	09.15-10.00	Cycle Studio	Emma
Zumba	09.30-10.15	Dance Studio	Lucy
Reformer Pilates*	09.45-10.35	Wellness	Francine
TRX Core Strength	10.00-10.30	HYRIG	Club Coach

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20/20/20	10.20-11.20	Dance Studio	Sharon
Reformer Pilates*	10.45-11.35	Wellness	Francine
Vinyasa Yoga	12.30-13.30	Wellness	Lucie Jenner
Reformer Pilates*	16.00-16.50	Wellness	Janet
Reformer Pilates*	17.00-17.50	Wellness	Janet
Step Blast	17.15-18.00	Dance Studio	Helen
Yoga Vinyasa Flow	18.00-18.50	Wellness	Susan
Kettlebells	18.10-19.00	Dance Studio	Ellie
Indoor Cycle	18.15-19.00	Cycle Studio	Alli
Pilates	19.00-20.00	Wellness	Francine
HYROX STRENGTH	19.00-19.50	HYRIG	Sonia

FRIDAY

HYRIG HYROX	06.30-07.25	HYRIG	Owen
Indoor Cycle	07.00-07.45	Cycle Studio	Charlie
Pilates	08.00-09.00	Wellness	Janet
Total Body Conditioning	08.15-09.00	Dance Studio	Emma
Indoor Cycle	08.30-09.15	Cycle Studio	Simon
Total Attack	09.15-10.00	Dance Studio	Emma
Pilates	09.15-10.15	Wellness	Janet
Indoor Cycle	09.30-10.15	Cycle Studio	Simon
Latin Salsa	10.00-11.00	Dance Studio	Marta
TRX Core Strength	10.00-10.30	HYRIG	Club Coach
Yoga Vinyasa	10.30-11.30	Wellness	Zoe
Body Pump	11.20-12.15	Dance Studio	Janet
Reformer Pilates*	11.45-12.35	Wellness	Janet
Reformer Pilates*	12.45-13.35	Wellness	Janet
HYRIG HYROX	12.30-13.20	HYRIG	Owen
Vinyasa Dynamic Yoga	17.30-18.30	Wellness	Lucie Jenner
HYRIG HYROX	17.45-18.30	HYRIG	Jess

SATURDAY

HYRIG BUILD	08.00-08.50	HYRIG	Club Coach
LBT HiIT	08.30-09.25	Dance Studio	Charlie
Pilates	08.45-09.45	Wellness	Charlene
HYROX ENGINE	09.10-10.45	HYRIG	Club Coach
Indoor Cycle	09.45-10.30	Cycle Studio	Charlie
Body Pump	10.00-10.55	Dance Studio	Charlene
Yoga Hatha	10.00-11.00	Wellness	Maureen
Kettlebells	11.00-11.50	Dance Studio	Charlie
Reformer Pilates*	11.30-12.20	Wellness	Charlene

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SUNDAY

HYRIG BUILD	09.00-09.50	HYRIG	Club Coach
Body Combat	09.00-09.50	Dance Studio	Nathan
Indoor Cycle	09.30-10.15	Cycle Studio	Alli
LBT	10.00-10.50	Dance Studio	Helen
Yoga Vinyasa	10.00-11.00	Wellness	Nicole