

Bank Holiday Class Timetable

Monday 31st August 2026

7.40am-8.25am	Shapes
7.45am-8.30am	Cycle
8.30am-9.15am	Pilates
9.25am-10.30am	Pump
9.45am-10.30am	Cycle
10.30am-11.30am	Legs, Bums & Tums
10.45am-11.45am	RPM Cycle (Virtual)
11.35am-12.35pm	Yoga Stretch
1.00pm-1.30pm	Dance (Virtual)
3.00pm-3.45pm	RPM Cycle (Virtual)
3.15pm-4.00pm	Body Balance (Virtual)
5.15pm-5.45pm	Core
6.00pm-6.50pm	Body Combat
6.15pm-7.00pm	Cycle
7.00pm-8.00pm	Body Pump
7.15pm-8.00pm	RPM Cycle (Virtual)