

Bank Holiday Class Timetable

Monday 25th August 2025

7.45am-8.30am	Cycle
8.30am-9.15am	Pilates
9.25am-10.30am	Body Pump
9.45am-10.30am	Cycle
10am-12 noon	Game 4 Life
10.30am-11.30am	Body Balance (Virtual)
10.45am-11.30am	50 RPM (Virtual)
11.35am-12.35am	Yoga Stretch
1pm-1.30pm	30 RPM (Virtual)
1pm-1.30pm	Dance (Virtual)
3pm-3.50pm	50 RPM (Virtual)
3.15pm-4pm	Body Balance (Virtual)
5.15pm-5.45pm	Core
6pm-6.50pm	Body Combat
6.15pm-7pm	Cycle
7pm-8pm	Body Pump (Virtual)
7.15pm-8pm	50 RPM (Virtual)