



MONDAY		
06:30 – 07:15	Lift & Move with Nick	Studio
09:30 – 10:30	Hatha Yoga with Emma	Studio
11:00 – 11:30	Pure Spin Blast with Jodie	Spin Area, Gym
14:15 – 14:45	Pure Spin Blast with Jodie	Spin Area, Gym
17:30 – 18:15	Suspended Movement with Harry	Outdoor
18:30 – 19:15	Pilates with Anita	Studio
18:30 – 19:15	Gym Fit with Donna	Gym
19:30 – 20:15	Spin & Tone with Donna	Spin Area, Gym
TUESDAY		
06:30 – 07:00	Pure Spin Blast with Megan	Spin Area, Gym
07:30 – 08:30	Vinyasa Yoga with Emma	Studio
09:15 – 10:15	Run Fit with Tracey	Outdoor
09:30 – 10:15	Bootcamp with Nick	Outdoor
09:30 – 10:00	Pure Spin Blast with Donna	Spin Area, Gym
10:15 – 11:00	GymBox with Donna	Gym
11:00 – 11:45	Fit Mama with Hester	Outdoor
11:30 – 12:15	Suspended Movement with Harry	Outdoor
12:00 – 13:00	Yoga with Yasmin	Studio
13:15 – 14:15	Yoga with Yasmin	Studio
14:00 – 14:45	Lift & Move with Nick	Studio
15:00 – 16:00	Pilates with Harry	Studio
18:15 – 19:00	Circuits with Brittany	Gym
19:00 – 19:30	Core & Stretch	Studio
WEDNESDAY		
08:45 – 09:15	Pure Spin Blast with Jodie	Spin Area, Gym
09:30 – 10:30	Hatha Yoga with Emma	Studio
09:30 – 10:00	Pure Spin Blast with Jodie	Spin Area, Gym
10:30 – 11:15	Suspended Movement with Harry	Outdoor
10:45 – 11:45	Vinyasa Yoga with Emma	Studio
12:00 – 12:45	Boxercise with Jodie	Studio
12:45 – 13:45	Pilates with Harry	Studio
14:00 – 14:45	Ladies Who Lift with Hester	Studio
18:15 – 18:45	HIIT with Hester	Studio
18:45 – 19:05	Pure Core	Studio
THURSDAY		
06:30 – 07:00	Pure Spin Blast with Megan	Spin Area, Gym
08:00 – 09:00	Yoga with Yasmin	Studio
09:15 – 10:15	Yoga with Yasmin	Studio
09:30 – 10:15	Spin & Tone with Donna	Spin Area, Gym
10:15 – 10:45	Pure Spin Blast with Donna	Spin Area, Gym
11:00 – 12:00	Pilates with Harry Halls	Studio
12:00 – 12:45	Ladies Who Lift with Hester	Gym
17:30 – 18:15	Bootcamp with Nick	Outdoor
18:00 – 18:45	Gym Fit	Gym
18:30 – 19:30	Vinyasa Yoga with Suze	Studio
18:45 – 19:15	Pure Spin Blast	Spin Area, Gym
20:00 – 21:00	Relaxed Yoga with Suze	Studio

FRIDAY		
06:30 – 07:00	Pure Spin Blast with Hester	Spin Area, Gym
08:30 – 09:30	Vinyasa Yoga with Emma	Studio
09:45 – 10:15	Pure Spin Blast	Spin Area, Gym
10:30 – 11:30	Pilates with Harry	Studio
11:45 – 12:30	Spin & Tone with Jodie	Spin Area, Gym
14:00 – 14:45	Suspended Movement with Harry	Outdoor
SATURDAY		
08:30 – 09:15	Cycle Circuits with Brittany	Gym
09:30 – 10:00	HIIT with Brittany	Studio
10:00 – 10:30	Pure Core with Brittany	Studio
SUNDAY		
08:30 – 09:00	Sunday Morning Spin with Donna	Spin Area, Gym
09:00 – 09:30	Sunday Morning Spin with Donna	Spin Area, Gym
18:30 – 19:45	Vinyasa Yoga with Suze	Studio
20:00 – 21:00	Relaxed Yoga with Suze	Studio

- **Class times and instructors subject to change, check your Membr App for most accurate info**

Boxercise Enjoy the fitness benefits of boxing without the fight! An effective form of cross training; combining aerobic and anaerobic exercise, hand-eye co-ordination & balance. Working in pairs with pads and gloves, fun and fast paced session

HIIT High Intensity Interval Training using range of gym equipment, free weights and body weight for a total body workout

Ladies Who Lift Learn how to lift free weights and use weights and resistance equipment safely. We will advise you on which weights to use, repetitions and sequences. Small group suitable for all

Pilates A low impact class which will improve balance, co-ordination and lengthen and strengthen muscles for greater flexibility and tone. An excellent complement to cardio activities

Run Fit Small, friendly running group led by experienced running coach. Class caters for all levels.

Suspended Movement Using suspension equipment fixed to points in the gym or outdoors; you will perform a series of movements working against resistance with your own body weight

Pure Spin Blast A great cardio and fat burning session that will improve your strength, stamina and endurance

Fit Mama Fitness and support for new mums. If you have recently had a baby, come and workout with us. This is designed for your baby to come along together. We don't mind if your little bundle of joy cries, or you have to break off to rock the buggy. A relaxed session for you to get back into your fitness.

Vinyasa Yoga This session concentrates on breathing and free flowing movement for a dynamic and stimulating yoga experience. The concentration required to complete the progressive routine means all other thoughts are banished for the duration of the session. This class is not suitable for beginners

Gym Fit This is a full body workout targeting all muscle groups improving strength, muscle tone and fitness. A great way to build confidence in the gym!

Hatha Yoga Improves strength, flexibility and co-ordination whilst calming the mind. Precision, posture and focus are emphasised to restore harmony to the body. Enjoy this class in the soothing surroundings of our riverside studio

Relaxed Yoga are fantastic end-of-day classes, aimed at quietening and soothing the mind whilst relaxing the body. Good for stability and flexibility, suitable for all levels.

Lift & Move Fast paced functional class using a mix of gym equipment, dumbbells & bodyweight moves