

MONDAY

TIME	FITNESS	DURATION	FITNESS LEVEL
7.00am	Classic 45	45 Minutes	All
9.30am	PureFlex 30	30 Minutes	All
12.00pm	Taster Session 45 (Pre-Booking essential)	45 Minutes	All
1.00pm	Classic 30	30 Minutes	All
6.00pm	Classic 45	45 Minutes	All
7.00pm	Taster Session 45 (Pre-Booking essential)	45 Minutes	All
8.00pm	Classic 45	45 Minutes	All

TUESDAY

TIME	CLASS TYPE	DURATION	FITNESS LEVEL
6.30am	Classic 45	45 Minutes	All
9.30am	Classic 30	30 Minutes	All
12.00pm	Taster Session 45 (Pre-Booking essential)	45 Minutes	All
1.00pm	Pureflex 30	30 Minutes	All
6.00pm	PureFlex 30	30 Minutes	All
7.00pm	Classic 45	45 Minutes	All
8.00pm	Taster Session 45 (Pre-Booking essential)	45 Minutes	All

WEDNESDAY

TIME	CLASS TYPE	DURATION	FITNESS LEVEL
7.00am	X-Flex 45	45 Minutes	All
9.30am	PureFlex 30	30 Minutes	All
12.00pm	Classic 30	30 Minutes	All
1.00pm	Taster Session 45 (Pre-Booking essential)	45 Minutes	All
6.00pm	Classic 45	45 Minutes	All
7.00pm	Taster Session 45 (Pre-Booking essential)	45 Minutes	All
8.00pm	Classic 45	45 Minutes	All

THURSDAY

TIME	CLASS TYPE	DURATION	FITNESS LEVEL
6.30am	PureFlex 30	30 Minutes	All
7.15am	Taster Session 45 (Pre-Booking essential)	45 Minutes	All
9.30am	Classic 30	30 Minutes	All
12.00pm	Taster Session 45 (Pre-Booking essential)	45 Minutes	All
1.00pm	PureFlex 30	30 Minutes	All
6.00pm	X-Flex 45	45 Minutes	All
7.00pm	Classic 45	45 Minutes	All
8.00pm	Taster Session 45 (Pre-Booking essential)	45 Minutes	All

FRIDAY

TIME	CLASS TYPE	DURATION	FITNESS LEVEL
7.00am	Classic 45	45 Minutes	All
9.30am	PureFlex 30	30 Minutes	All
12.00pm	Taster Session 45 (Pre-Booking essential)	45 Minutes	All
1.00pm	Classic 30	30 Minutes	All
6.00pm	Classic 45	45 Minutes	All
7.00pm	PureFlex 30	30 Minutes	All

SATURDAY & SUNDAY*

TIME	CLASS TYPE	DURATION	FITNESS LEVEL
10.00am	Taster Session 45 (Pre-Booking essential)	45 Minutes	All
12.00pm	Classic 45	45 Minutes	All

*Sunday Classic (10.00) & Taster Session (12.00)