

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:45 - 07:30 Group Cycle	06:45 - 07:30 Spin Flex	06:45 - 07:30 Functional Fitness	07:00 - 07:45 HIIT	07:00 - 07:45 Spin Flex	08:30 - 09:15 Kettlecise	09:00 - 09:45 Yoga
09:15 - 10:00 Barbell Blast	09:15 - 10:00 Group Cycle	09:15 - 10:00 Spin Flex	08:00 - 08:45 Kettlecise	09:15 - 10:00 Legs, Bums & Tums	09:30 - 10:15 Group Cycle	10:30 - 11:15 Bootcamp
10:15 - 11:00 Group Cycle	10:45 - 11:30 Zumba	10:15 - 11:00 Pilates	09:15 - 10:00 Group Cycle	09:45 - 10:30 Mindful Moves	10:30 - 11:15 Circuits	12:30 - 13:15 Aqua
11:15 - 12:00 Full Body Flow	11:45 - 12:30 Barbell Blast	11:15 - 12:00 Functional Fitness	10:15 - 11:00 Circuits	12:30 - 13:15 Aqua	11:30 - 12:15 Bootcamp	
12:30 - 13:15 Aqua	12:45 - 13:30 Full Body Flow	11:15 - 12:00 Aqua Zumba	11:30 - 12:15 Zumba	17:30 - 18:15 Spin Flex	11:30 - 12:15 Mindful Movement	
13:30 - 14:15 Zumba	18:00 - 18:45 Group Cycle	17:30 - 18:15 Group Cycle	18:00 - 18:45 Circuits	18:30 - 19:15 Pilates		
17:30 - 18:15 Spin Flex	19:00 - 19:45 Barbell Blast	17:30 - 18:15 Finlake Running Club	19:00 - 19:45 Strength & Conditioning			
18:30 - 19:15 Barbell Blast		18:30 - 19:15 Barbell Blast	19:30 - 20:15 Aqua			
18:30 - 19:15 Functional Fitness		19:30 - 20:15 Pilates				
19:30 - 20:15 Yoga		19:30 - 20:15 Aqua				
19:30 - 20:15 Aqua						

All classes can be pre-booked up to 14 days in advance and are on a first come, first served basis.

Free to members. Non Members £9 per person

Timetable may be subject to change

The timetable is subject to change – please download our Technogym app for the most up to date version of the timetable

To book please download the Technogym app
by scanning the QR code

