

# Fitness Class Timetable – Sir David Wallace

All classes are open to everyone, but places are limited so you will need to book!

Classes can be booked at one of our sports receptions, by telephone 01509 226250 or [online](#) up to a week in advance.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Indoor Cycling Studio 2 07:30 – 08:15	Legs, Bums & Tums Studio 1 07:30 – 08:15	CXWORX Studio 1 07:30 – 08:00	Body Pump Studio 1 07:30 – 08:15	BEATZ Studio 1 07:30 – 08:15	Indoor Cycling Studio 2 09:30 – 10:15	Indoor Cycling Studio 2 17:30 – 18:15
Yoga Studio 1 12:30 – 13:30	Pilates Studio 1 12:30 – 13:30	Indoor Cycling Studio 2 12:30 – 13:00	Pilates Studio 1 12:30 – 13:30	Indoor Cycling Studio 2 07:30 – 08:15	Body Pump Studio 1 09:30 – 10:30	CXWORX Studio 1 18:00 – 18:30
Body Balance Studio 1 17:15 – 18:00	Body Step Studio 1 17:15 – 18:15	Body Pump Studio 1 17:15 – 18:15	Body Step Studio 1 17:15 – 18:15	GRIT: Cardio Studio 1 12:30 – 13:00	Body Balance Studio 1 10:30 – 11:30	Body Balance Studio 1 18:30 – 19:30
Indoor Cycling Studio 2 17:30 – 18:15	Indoor Cycling Studio 2 17:30 – 18:15	Indoor Cycling Studio 2 17:30 – 18:15	Indoor Cycling Studio 2 17:30 – 18:15	GRIT: Strength Studio 1 13:00 – 13:30		
Body Pump Studio 1 18:15 – 19:15	CXWORX Studio 1 18:45 – 19:15	Body Balance Studio 1 18:15 – 19:00	Body Pump Studio 1 18:15 – 19:00	Yoga Studio 1 17:15 – 18:15		
Body Attack Studio 1 19:15 – 20:15	Zumba Studio 1 19:15 – 20:15	CXWORX Studio 1 19:15 – 19:45	CXWORX Studio 1 19:15 – 19:45	Indoor Cycling Studio 2 17:30 – 18:15		
Indoor Cycling Studio 2 20:00 – 20:45	Indoor Cycling Studio 2 20:00 – 20:45	Body Combat Studio 1 20:00 – 21:00	Indoor Cycling Studio 2 20:00 – 20:45	Zumba Studio 1 18:15 – 19:15		
GRIT: Strength Studio 1 20:15 – 20:45	Body Balance Studio 1 20:15 – 21:15		Circuits Studio 1 20:15 – 21:00			

*To avoid disappointment, please arrive at least 5 minutes prior to class start time.  
Late arrivals may be turned away.*