

FITNESS CLASSES

Day	Time
Monday	
Boot Camp	07:00-07:45
Full Circuit Fitness	14:15-15:00
Learn To Lift	19:00-19:45
Tuesday	
Ladies Who Lift	14:15-15:00
Wednesday	
Boot Camp	07:00-07:45
HIIT	14:30-15:00
Core Blast	15:00-15:35
Boxfit	17:30-18:15
Thursday	
Full Circuit Fitness	14:15-15:00
Learn To Lift	20:00-20:45
Friday	
Boxfit	17:30-18:15
Saturday	
HIIT	09:25-09:55
Junior Gym [12-15 Yrs]	10:15-11:00
Junior Gym [12-15 Yrs]	11:15-12:00
Sunday	
Full Circuit Fitness	10:15-11:00
Junior Gym [12-15 Yrs]	13:15-14:00

Classes are priced at £5 for gym members and £7.50 for other members. Other members are limited to a maximum of five sessions per year.

Classes can be booked by members under ‘Activities’ on Club Solution.

For further information, please contact Reception.

Boot Camp

A high-energy, full-body workout designed to build strength, stamina, and confidence through fast-paced, varied training.

Full Circuit Fitness

A fast-paced, cardio-focused circuit class using a range of gym equipment to improve endurance and overall fitness.

Learn To Lift

A beginner-friendly class that teaches correct barbell techniques to help you lift safely, build strength, and gain confidence.

Boxfit

A high-energy class combining boxing-inspired movements with cardio and conditioning, suitable for all fitness levels.

Legs, Bums & Tums

A targeted workout focused on strengthening and toning the legs, glutes, and core while improving overall fitness.

Core Blast

A focused class designed to strengthen and tone the core through guided exercises suitable for all abilities.

Ladies Who Lift

A welcoming strength-training class for women, focused on safe technique, building confidence, and developing a supportive community.

HIIT

A high-intensity interval training class combining short bursts of intense effort with brief recovery periods for an efficient, full-body workout.

Junior Gym

An age-appropriate class that introduces children to lifting and fitness in a fun, safe, and supportive environment.

