

# Group Exercise Timetable

From 2nd Jan  
- 22nd April



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:30 - Spin Sunrise Spinning®	06:30 - ST Sunrise Boxfit	06:30 - Spin Sunrise Spinning®	06:30 - Gym Sunrise Express Circuits	06:30 - Spin / ST Sunrise Spin & Tone	08:30 - Spin Sunrise Spinning®	08:30 - Spin Sunrise Spinning®
06:30 - Gym Sunrise Express HIIT	06:30 - Gym Sunrise Express Full Body Blast	06:30 - Gym Sunrise Express Circuits	08:45 - Gym Express Stretch & Flex	06:30 - Gym Sunrise Express Weights	08:30 - ST Sunrise LBT	08:30 - ST Sunrise BODYPUMP™
09:30 - ST Spinning®	09:30-10:30 - ST Yogalates	09:15-10:00 - Gym Strength & Condition	09:30 - Spin Spinning®	09:15 - ST Bootcamp	09:30 - ST Body Tone	09:30 - Gym Express Cardio & Core
10:15 - Gym Express Circuits	09:30 - Gym Express Cardio & Core	9:30 - ST BodyTone	10:20 - Gym Express Pure Abs	09:30 - Gym Get Active Easy Circuits	09:30 - Gym Express Ladies Who Lift	09:30 - ST Pilates
10:15-11:15 - ST Pilates	17:45 - Spin Spinning®	09:30 - Spin Spinning®	17:45 - Spin Spinning®	10:15-11:15 - ST Begin to Yoga	09:30 - Spin Spinning®	11:00 - ST Get Active Easy Circuits
15:45 - ST Get Active Chair Fitness	17:45 - ST Dance Aerobics	10:00 - Gym Express Pure Abs	17:45 - ST BODYPUMP™	18:00 - Gym Express HIIT	10:30 - ST Stretch and Flex	
17:45 - Spin Spinning®	18:00 - Gym Express Strength	10:30 - ST Stretch and Flex	18:00 - Gym Express Strength		12:30 - ST Cardio & Core	
17:45 - ST LBT	18:45-19:45 - Spin / ST Spin Circuits	17:45 - ST Body Sculpt	18:45 - ST Circuits			
18:00 - Gym Express Circuits	20:00 - ST Pilates	18:00 - Gym Express Circuits				
18:45 - Spin Spinning®		18:45 - Spin Spinning®				
18:45 - ST Zumba		18:45 - ST BODYPUMP™				
19:45-20:45 - ST Yoga		19:45-20:45 - ST Yoga				

**KEY:**

ST = Studio / Spin = Spin Studio  
Gym = Gym Floor

AEROBICS	MIND & BODY	STRENGTH & CONDITIONING
GYM FLOOR	SPINNING ®	GET ACTIVE SCHEME*

**HOW TO BOOK:**



**Achieve Lifestyle App**



**01784 333111**



**achievefitness.co.uk**



All Studio classes are currently 45 minutes and Gym Floor Fast Classes are 30 minutes unless stated. Please be aware of our cancellation policy and Junior membership entitlements before booking. Please check the App for any timetable updates.

\*Sessions are aimed at (but not limited to) the over 50s, those coming back from injury and those with a lack of mobility.