

MONDAY

HIIT		06.45 - 07.15
ABS BLAST		07.30 - 07.45
KETTLEBELLS		09.30 - 10.00
HIIT		16.30 - 17.00
ZUMBA		17.15 - 17.50
STEP		18.05 - 18.40
STRETCH & MINDFULNESS		19.00 - 19.30

TUESDAY

KETTLEBELLS		06.45 - 07.15
ABS BLAST		07.30 - 07.45
ZUMBA		09.00 - 09.40
SKIP FIT & ABS		10.00 - 10.30
SPIN		17.30 - 18.00
KETTLEBELLS		18.45 - 19.15
HIIT		19.30 - 20.00

WEDNESDAY

SPIN		06.45 - 07.15
ABS BLAST		07.30 - 07.45
HOOPER-CISE		09.30 - 10.15
BARRE		10.30 - 11.00
LEGS, BUMS & TUMS		17.00 - 17.30
C40		17.45 - 18.30
SKIP FIT & ABS		18.45 - 19.15
BARRE		19.30 - 20.00

THURSDAY

HIIT		06.45 - 07.15
ABS BLAST		07.30 - 07.45
SPIN		09.30 - 10.00
LEGS, BUM & TUMS		10.15 - 10.45
KETTLEBELLS		17.00 - 17.30
C40		17.45 - 18.30
SPIN		18.45 - 19.15
HIIT		19.30 - 20.00

FRIDAY

BOOTCAMP		06.45 - 07.15
ABS BLAST		07.30 - 07.45
HIIT		09.30 - 10.00
SKIP FIT & ABS		10.15 - 10.45
BOOTCAMP		17.15 - 17.45
SPIN		18.00 - 18.30
KETTLEBELLS		18.45 - 19.15
HIIT		19.30 - 20.00

SATURDAY

BOOTCAMP		09.00 - 09.30
BOOTCAMP		09.45 - 10.15
SKIP FIT & ABS		10.30 - 11.00
HIIT		11.15 - 11.45

SUNDAY

STRETCH & MINDFULNESS		09.00 - 09.30
SPIN		09.45 - 10.15
HIIT		10.30 - 11.00

TIMETABLE OCTOBER 2020

Due to Covid-19, class numbers will be restricted in numbers up to nine people. Classes may also change on a weekly basis due to government guidelines.

Cleaning will take place between classes. Please line up two metres apart and an instructor will bring you to the class one at a time as soon as they have finished cleaning the space.

We ask that you please **ONLY** turn up five minutes before your class to avoid contact with other classes. Make sure to wear your mask until you are in your designated boxed off area. Pilates and yoga classes require you to bring your own mat at this time.

Thank you for your patience and understanding.

CLASS INFORMATION

All our classes are free to members and cater for a range of abilities. If you are unsure the class is right for you or have any injuries or illnesses that could affect your participation, or if you simply wish for more information about the class, please speak to our fitness team or approach the class instructor prior to attending the class.

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Track your progress in real time • Check-in



HEALTH ASSESSMENTS AND PROGRAMMES

We offer health assessments and exercise programmes as part of your membership. This is available as many times as you require but must be booked in advance.

TECHNICAL SESSIONS

This 20 minute session can be used to ask our gym team advice or any questions you may have about specific exercises or equipment in the gym. Must be booked in advance.

Please ask a member of the gym team for details



CLASS ETIQUETTE

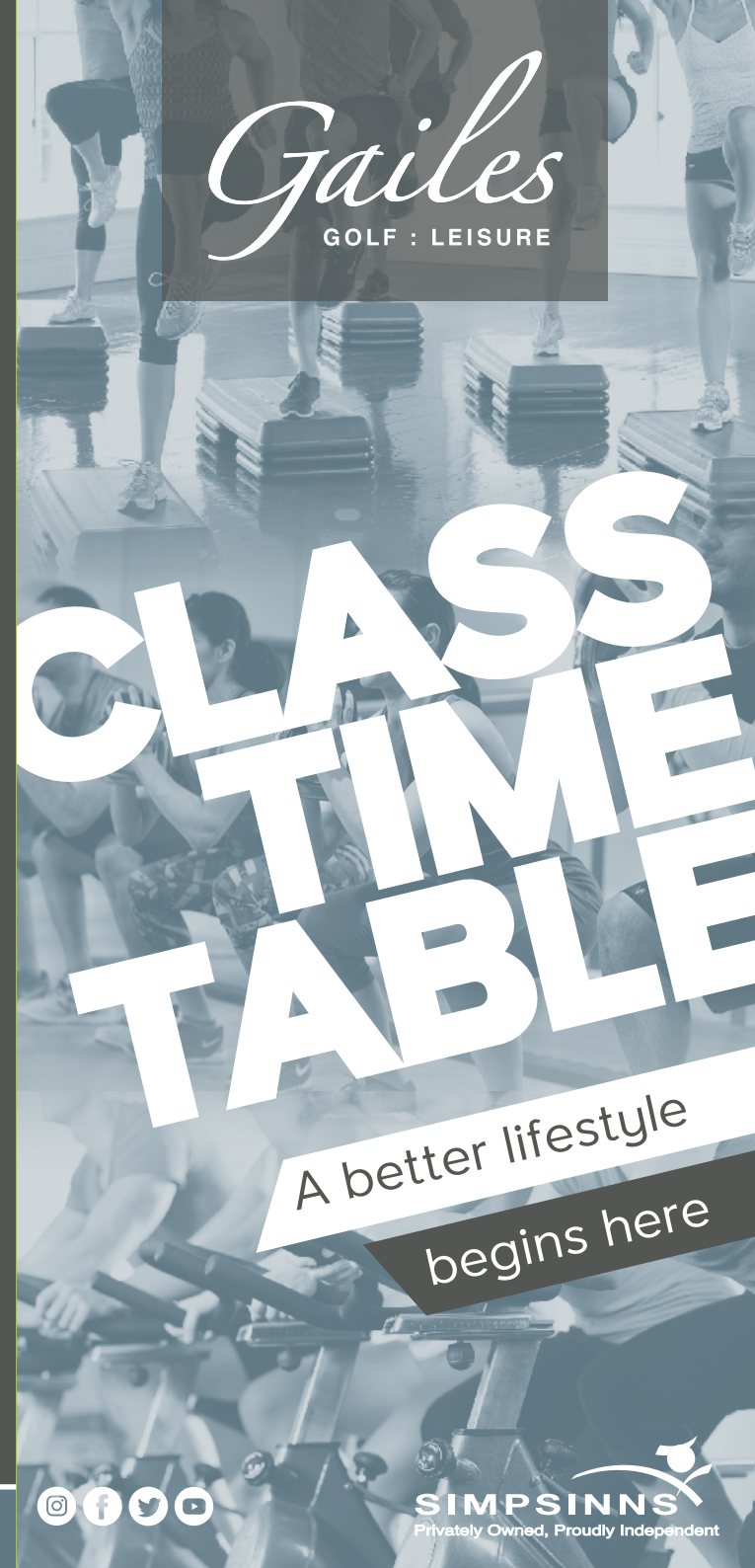
- Entrance to classes is not permitted once the class has started.
- Please inform the instructor of any injuries or medication before commencing any fitness class.
- Selected classes are pre-bookable via the FitSense app.
- Please ensure that you cancel your booking if you are not able to attend a class.
- Due to health and safety, classes have a restricted number of spaces.
- Class timetables and instructors are subject to change.



OPENING TIMES

Monday - Friday 6.30am - 10pm
Saturday & Sunday 8am - 7pm

Call 01294 316090



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CLASS TIME TABLE

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