



Monday

Time	class	Instructor
07.15 - 07.45	HIIT/360	Kelly
10.00 - 10.30	Body Tone	Kelly
10.45 - 11.15	Aqua	Kelly
11.30 - 12.30	Pilates	Annie
17.00 - 17.45	Zumba	Jade
17.45-18.30	HIIT	Matt
18.30 - 19.15	Boxercise	Matt
19.30 - 20.30	Yoga	Clare

Wednesday

Time	Class	Instructor
09.30 - 10.00	Spin	Ash
09.30 - 10.15	Stretch & Tone	Dawn
10.30 - 11.00	HIIT /Boxercise	Kelly
11.15 - 12.15	Tai Chi	Ivan
17.30 - 18.00	HIIT	Matt
17.30 - 18.00	Aqua	Danny
18.00 - 18.30	Aqua	Danny
18.15 - 18.45	Spin	Jean Paul
18.15 - 19.00	Zumba	Lena
19.15 - 20.15	Piloga	Fenia

Friday

Time	Class	Instructor
07.15 - 07.45	HIIT	Matt
09.45 - 10.15	Body Tone	Jordan
10.00 - 10.30	Aqua	Danny
10.30 - 11.00	Aqua	Danny
10.30 - 11.00	Spin	Ash
11.15 - 12.15	Stretch & Tone	Danny
17.30 - 18.00	Martial Art	Jean Paul
18.00 - 18.45	Zumba	Lena
18.45 - 19.15	Ab/ Circuit	Beth

Tuesday

Time	Class	Instructor
07.15 - 07.45	HIIT	Kelly
09.30 - 10.00	Spin	Ash
09.30 - 10.15	Body Blast	Dawn
10.30 - 11.00	LBT	Kelly/Beth
17.30 - 18.15	Spin	Jean Paul
18.15 - 19.00	Bar Blast	Jean Paul
19.00 - 19.30	Stretch & Tone	Jordan
19.30 - 20.15	Zumba	Jade

Thursday

Time	Class	Instructor
10.00 - 10.45	Zumba	Jade
11.00 - 12.00	Yoga	Ruth
17.15 - 18.00	Kettlebell	Jean Paul
17.15 - 18.00	LBT	Kelly
18.15 - 18.45	360 Workout	Jean Paul
18.00 - 19.00	Yoga	Fenia
18.15 - 18.45	Spin	Ash
19.15 - 20.00	Body Tone	Kelly

Saturday

Time	Class	Instructor
09.15-10.00	LBT	Kelly
10.15-10.45	HIIT	Kelly
10.45 - 12.15	Yoga	Ruth

Sunday

Time	Class	Instructor
08.30 - 09.30	Running Club	Jean Paul
09.30-10.00	Spin	Jean Paul
10.15-11.00	LBT	Jordan
11.00 -11.45	Boxercise	Jean Paul

Classes must be booked via the Fitsense App or with reception. Please cancel the class if you can not attend to allow other members to use the space. If cancelling less than 1 hour before you will need too call the club.

If attending our boxercise classes please bring your own gloves.

Failure to attend or cancel may result in a temporary block on your member app.

We would like your feedback on our classes. This can be done on the app by clicking the feedback icon.



Kingfisher
HEALTH CLUB