

Monday

Class timetable.

Time	Class	Location	Instructor
6:45-7:30	CYCLE (NEW) Limited spaces, book at reception	Sport hall	David
10:30-11:15	FIT FUNCTION	Sport hall	Gym team
11:30-12:30	YOGA	Sport hall	Megan
17:30-18:00	LBT	Sport hall	Gym team
18:00-19:00	PILATES (Requires booking)	Sport hall	Rebecca
19:15-20:00	AQUA (NEW) (Requires booking)	Pool	Adam
20:00 – 22:00	Badminton Matches (Not every week)	Sports Hall	External



Yoga with Meg
Mondays at 11:30am

- Improve health
- Reduce stress
- Increase body strength
- A fun flow
- Improve breathing
- Increase your flexibility



Tuesday

Class timetable.

Time	Class	Location	Instructor
6:30-7:15	BOOTCAMP	Sport hall	David
10:15-11:00	AQUA (Requires booking)	Pool	Gym team
11:15-12:15	TAI CHI (NEW)	Sport hall	Jessica
17:30-18:00	TABATA	Sport hall	Gym team
18:00-19:00	YOGA	Sport hall	Maxine S.
20:00-21:30	Korfball	Sport hall	External group

Ask at reception to find out more about Korfball

This is an external group and not an activity included in membership



Wednesday

Class timetable.

Time	Class	Location	Instructor
6:35-7:20	CYCLE Limited spaces, book at reception	Sport hall	Anders
10:30-11:15	FIT FUNCTION	Sport hall	Gym team
11:30-12:30	TAI CHI	Sport hall	Jessica
12:30-13:00	10-10-10 (Cardio-Weights-Core) (NEW)	Sport hall	Gym team
17:30-18:00	KETTLEBELL (NEW) Limited spaces, book at reception	Sport hall	Gym team
18:00-19:00	PILATES (Requires booking)	Sport hall	Rebecca
19:05-19:35	CYCLE Limited spaces, book at reception	Sport hall	Brigitta
20:00-22:00	MEMBERS BADMINTON	Sport hall	

COME AND TRY OUR
NEW MORNING
CLASSES WITH
ANDERS



EVERY WEDNESDAY MORNING: CYCLE
6:35-7:20

EVERY FRIDAY MORNING: CORE FLOW
6:45-7:30



Thursday

Class timetable.

Time	Class	Location	Instructor
6:30-7:15	BOOTCAMP	Sport hall	Dave
10:15-11:00	AQUA	Pool	Gym team
11:30-12:30	PILATES (Requires booking)	Sport hall	Jenny
17:30-18:00	TABATA	Sport hall	Gym team
18:00-18:45	ZUMBA	Sport hall	Maxine P.
19:00-19:30	EXPRESS AQUA (Requires booking)	Pool	Maxine P.
20:00- 21:30	Club MK badminton	Sport hall	External group



Members badminton

All levels welcome

**Wednesday
20:00 – 22:00**

**Saturday
14:00 – 16:00**



Friday

Class timetable.

Time	Class	Location	Instructor
6:45-7:30	CORE FLOW	Sport hall	Anders
10:30-11:15	FIT FUNCTION	Sport hall	Gym team
11:30-12:30	PILATES & STRETCH (NEW) (Requires booking)	Sport hall	Jenny
12:30-13:00	LBT	Sport hall	Gym team
18:00-18:45	CYCLE	Sport hall	Gym team

Find out more
about Group Cycle

Scan the QR code



Weekends

Class timetable.

Saturday Time	Class	Location	Instructor
8:30- 9:15	BODY ATHLETIC (NEW)	Sport hall	Dewi
9:30-10:15	CYCLE	Sport hall	Gym team
10:30-11:30	PILATES (Requires booking)	Sport hall	Rebecca
12:30 – 14:00	Members Walking Football (book at reception)	Sports Hall	
14:00-16:00	MEMBERS BADMINTON	Sport hall	

Sunday Time	Class	Location	Instructor
9:00-9:45	STRENGTH&STRETCH	Sport hall	Gym team
10:00-11:00	YOGA	Sport hall	Maxine P.
11:30-12:00	EXPRESS AQUA (Requires booking)	Pool	Gym team
14:00 – 17:00	Shenley Archers	Sports Hall	External

