

Activity Schedule

The latest activity schedule is also available on our website or call **0114 299 8174** for more details. We update our activity schedule, so do continue to give us feedback as it helps us improve our services to you.



Gyms
+ Health Checks + Physio + Hospitals



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
07:00 07:45	Cycle Cycle Studio	06:45 07:45	BODYPUMP™ Studio	06:45 07:30	Cycle Cycle Studio	07:00 08:00	Circuits Studio	06:45 07:30	Cycle Cycle Studio	09:00 09:45	Express Rowing Gym Floor
07:00 08:00	Yoga Studio	07:45 08:15	GRIT™ Studio	07:00 08:00	Yoga Studio	09:30 10:30	Body Conditioning Studio	07:35 08:05	GRIT™ Studio	09:00 10:00	Belly Dancing Studio
07:45 08:00	Express Abs Functional Training Room	08:30 09:30	Yoga Studio	07:35 08:05	GRIT™ Functional Training Studio	10:30 11:30	Aerobics Studio	09:30 10:25	Dance Aerobics Studio	10:00 10:45	Aqua Pool
09:30 10:25	Dance Aerobics Studio	09:30 10:30	Yoga Studio	09:15 10:15	Dance Aerobics Studio	11:30 12:30	Pilates Studio	09:00 09:45	Dance Aerobics Studio	10:00 10:45	Express Rowing Gym Floor
10:00 11:00	All Over Body Workout Gym Floor	10:30 11:15	BODYCOMBAT™ Studio	10:00 11:00	All Over Body Workout Gym Floor	12:30 13:15	Aqua Pool	09:45 10:30	Dance Aerobics Studio	10:00 11:00	Step Studio
10:30 11:15	Legs, Bums and Tums Studio	11:00 12:30	Stretch Functional Training Studio	10:15 11:00	Step Studio	12:30 13:15	Express Rowing Gym Floor	10:30 11:30	Yoga Studio	10:30 11:30	Cycle Cycle Studio
11:15 12:15	Pilates Studio	11:20 12:20	Aerobics Studio	10:30 11:15	Aqua Pool	12:30 13:30	Stretch Functional Training Studio	12:05 12:35	Pilates Studio	11:00 12:00	Body Conditioning Studio
12:15 12:45	Cycle Cycle Studio	12:30 13:15	Aqua Pool	11:00 12:00	Pilates Studio	13:35 14:35	20/20/20 Studio	12:30 13:30	Pilates Advanced Functional Training Studio	12:15 13:15	Yoga Studio
12:15 13:15	Yoga Studio	12:30 13:30	Yoga Studio	12:05 12:35	Pilates Studio	17:10 17:40	GRIT™ Studio	12:30 13:00	Express Rowing Gym Floor	13:30 14:30	BODYPUMP™ Studio
12:30 13:00	Express Rowing Gym Floor	13:35 14:35	Stretch Studio	12:15 13:15	Body Conditioning Studio	17:45 18:30	Step Studio	11:30 12:30	Yoga Studio	14:30 15:30	BODYBALANCE™ Studio
14:00 15:00	Wellbeing Workout Studio	17:00 17:45	Legs, Bums and Tums Gym Floor	13:15 13:45	Express All Over Body Workout Studio	18:15 19:00	Cycle Cycle Studio	12:45 13:45	BODYPUMP™ Studio		
17:30 18:15	BODYJAM™ Studio	17:30 18:15	Express Box Fit Functional Training Studio	13:45 14:45	Zumba Gold Studio	18:30 19:15	BODYCOMBAT™ Studio	14:00 15:00	Tai Chi Studio		
17:30 18:15	Bootcamp Outdoor	17:45 18:30	Step Studio	16:15 17:15	BODYPUMP™ Studio	18:30 19:15	BODYCOMBAT™ Studio	17:15 18:00	Cycle Cycle Studio		
17:45 18:30	Cycle Cycle Studio	18:00 18:45	Cycle Cycle Studio	17:15 18:15	BODYCOMBAT™ Studio	18:30 19:30	Human Race Running Club Reception	17:30 18:30	High Energy Workout Studio		
18:20 19:20	Body Conditioning Studio	18:30 19:00	Swim Fit Pool	18:00 18:45	Cycle Cycle Studio	19:15 20:15	BODYPUMP™ Studio	18:30 19:00	GRIT™ Studio		
18:30 19:00	Cycle Cycle Studio	18:30 19:30	BODYPUMP™ Studio	18:20 19:20	BODYPUMP™ Studio	19:30 20:00	Express Circuits Functional Training Studio	18:30 19:00			
18:30 19:15	Express Rowing Gym Floor	19:35 20:35	Pilates Studio	18:30 19:15	Express Rowing Gym Floor	20:30 21:30	Yoga Studio				
19:25 20:25	BODYPUMP™ Studio			19:00 19:30	Express Circuits Functional Training Studio						
20:30 22:00	Yoga Studio			19:25 19:55	GRIT™ Studio						