

H Y R O X



STUDIO TIMETABLE 2025

Our biggest timetable yet with 93 action packed classes to choose from!



Monday			
CLASS	TIME	INSTRUCTOR	STUDIO
*Hyrox™ Workout A	06:05 - 07:00	Gym Team	Performance Centre
Body Tone	06:30 - 07:15	Justine	Studio 1
Indoor Cycling	09:30 - 10:15	Becky	Cycling Studio
((BOUNCE))™	09:30 - 10:15	Freddie	Studio 1
Strictly Dance Fit	09:30 - 10:15	Eva	Studio 2
Tight Assets	10:30 - 11:15	Becky	Studio 1
Pilates	10:30 - 11:15	Freddie	Studio 2
Rig Circuits	10:30 - 11:15	Gym Team	Gym Floor
Easy Does It	11:30 - 12:15	Becky	Studio 1
Beginner Hatha Yoga	11:30 - 12:25	Reas	Studio 2
Aqua Aerobics	12:35 - 13:15	Maxine	Swimming pool
Bag Bass Box™	18:00 - 18:45	Marlon	Studio 1
Indoor Cycling	18:00 - 18:45	Alex	Cycling Studio
Pilates	18:00 - 19:55	Tash	Studio 2
Legs Bums and Tums	19:00 - 19:45	Candy	Studio 1
Yoga	19:00 - 19:55	Tash	Studio 2
*Hyrox™ Workout A	19:00 - 20:00	Gym Team	Performance Centre
Thursday			
CLASS	TIME	INSTRUCTOR	STUDIO
*Hyrox™ Workout B	06:05 - 07:00	Gym Team	Performance Centre
Core	09:00 - 09:25	Steven	Studio 2
Aerobics	09:30 - 10:25	Steven	Studio 2
((BOUNCE))™	09:30 - 10:15	Martina	Studio 1
Indoor Cycling	09:30 - 10:15	Becky	Cycling Studio
Tight Assets	10:30 - 11:15	Becky	Studio 1
Kettlebells	10:30 - 11:10	Gym Team	Gym Floor
Stretch and Flex	10:35 - 11:25	Martina	Studio 2
Easy Does It	11:30 - 12:15	Becky	Studio 1
Yoga Foundation Flow	11:30 - 12:15	Scott	Studio 2
Yoga Development	12:30 - 13:15	Reas	Studio 2
Tight Assets	18:00 - 18:45	Becky	Studio 1
*Hyrox™ Workout B	18:00 - 19:00	Callum	Performance Centre
Indoor Cycling	18:00 - 18:45	Alex	Cycling Studio
Dynamic Vinyasa Yoga	18:00 - 18:55	Vicky	Studio 2
Wall Pilates	19:00 - 19:45	Becky	Studio 1
Dynamic Vinyasa Yoga	19:00 - 19:55	Vicky	Studio 2

Tuesday			
CLASS	TIME	INSTRUCTOR	STUDIO
*Strength and Conditioning	06:15 - 07:00	Gym Team	Performance Centre
Cardio Blast	09:00 - 09:25	Steven	Studio 1
Indoor Cycling	09:30 - 10:15	Becky	Cycling Studio
Pilates	09:30 - 10:25	Martina	Studio 2
Full Range Resistance	09:30 - 10:25	Steven	Studio 1
Zumba	10:30 - 11:25	Becky	Studio 2
Legs, Bums & Tums	10:35 - 11:20	Steven	Studio 1
Mindful Movement & Meditation	11:30 - 12:25	Becky	Studio 1
Ashtanga Yoga	11:30 - 12:25	Reas	Studio 2
Bag Bass Box™	12:30 - 13:15	Emma	Studio 1
Hatha Yoga	18:00 - 18:55	Kate	Studio 2
Indoor Cycling	18:00 - 18:45	Lizzie	Cycling Studio
Core	17:30 - 17:55	Carlos	Studio 2
ENERGIZE	18:00 - 18:55	Carlos	Studio 1
Vinyasa Yoga	19:00 - 19:55	Kate	Studio 2
Pump Fit	19:00 - 19:45	Lizzie	Studio 1
Pilates	20:00 - 20:55	Paul	Studio 2

Friday			
CLASS	TIME	INSTRUCTOR	STUDIO
Indoor Cycling	06:30 - 07:15	Justine	Cycling Studio
Boxing Burn	09:00 - 09:25	Harley	Studio 1
Body Blitz	09:30 - 10:15	Martina	Studio 1
Indoor Cycling	09:30 - 10:15	Becky	Cycling Studio
Pilates Advanced	09:30 - 10:25	Reas	Studio 2
Zumba	10:30 - 11:25	Becky	Studio 1
Stretch and Flex	10:30 - 11:25	Martina	Studio 2
Wall Pilates	11:30 - 12:25	Becky	Studio 1
Vinyasa Flow	11:30 - 12:25	Scott	Studio 2
*Hyrox™ Workout B	12:00 - 13:00	Gym Team	Performance Centre
Aqua Aerobics	12:00 - 12:40	Martina	Swimming Pool
((BOUNCE))™	17:45 - 18:30	Freddie	Studio 1
Yoga	18:30 - 19:25	Paul	Studio 2

Wednesday			
CLASS	TIME	INSTRUCTOR	STUDIO
*ENDURE	06:05 - 07:00	Ben L	Performance Centre
Power Cycle	09:00 - 09:25	Daniel	Cycling Studio
Groove Resistance	09:30 - 10:15	Daniel	Studio 1
Vinyasa	09:30 - 10:25	Vicky	Studio 2
Gym HIIT	09:45 - 10:15	Gym Team	Gym Floor
Groove Aerobics	10:30 - 11:15	Daniel	Studio 1
Stretch and Flex	10:30 - 11:25	Martina	Studio 2
Pilates	11:30 - 12:25	Reas	Studio 1
Balance & Breathe Yoga Meditation	11:30 - 12:25	Kate	Studio 2
*Hyrox™ Workout A	12:00 - 13:00	Gym Team	Performance Centre
Aqua Aerobics	12:30 - 13:10	Justine	Swimming Pool
HIIT	18:00 - 18:45	Andrew	Studio 1
Pilates	18:00 - 18:55	Martina	Studio 2
Aqua Aerobics	19:00 - 19:40	Justine	Swimming pool
((BOUNCE))™	19:00 - 19:45	Freddie	Studio 1
Strictly Dance Fit	19:00 - 19:45	Eva	Studio 2

Saturday			
CLASS	TIME	INSTRUCTOR	STUDIO
Vinyasa Yoga	08:30 - 09:25	Anna	Studio 2
Indoor Cycling	08:30 - 09:15	Becky	Cycling Studio
Core Focus	08:50 - 09:20	Freddie	Studio 1
Kettlebells	09:30 - 10:10	Becky	Health Club
((BOUNCE))™	09:30 - 10:15	Freddie	Studio 1
Cardio Combat	09:30 - 10:15	Candy	Studio 2
*Hyrox™ Power Hour	10:00 - 11:00	Gym Team	Performance Centre
Tight Assets	10:30 - 11:15	Becky	Studio 1
Pilates	11:15 - 12:10	Tash	Studio 2
Sunday			
CLASS	TIME	INSTRUCTOR	STUDIO
ENERGIZE	10:00 - 10:55	Carlos	Studio 1
Yoga	11:00 - 11:55	Paul	Studio 2
Fitness Pilates Wall and Floor	17:30 - 18:25	Becky	Studio 1
Mindful Movement & Meditation	18:30 - 19:25	Becky	Studio 2

New Off-Peak hours 08:30 - 15:30

* Must be a Performance Centre Member

