








		Jewel & Performance Members	Progress Members	Non-members
LADIES ONLY	 A Feel-good mixture of weight training, CV and circuits. A supportive group setting to empower women to train outside of their comfort zone.	FREE	£5.00 per session	£10.00 per session
FLOW	 A holistic class utilising a mixture of Yoga and Pilates bodyweight movements. Designed to relax and strengthen body and mind.	FREE	1hr £5.00 30min £2.50 per session	1hr £10.00 30min £5.00 per session
SPIN	 Combine Spin bikes, cardio and great music! A mixture of steady state and interval training. Designed to give you maximum calorie burn for your time.	FREE	45min £3.50 30min £2.50 per session	45min £7.50 30min £5.00 per session
OUTPUT	 A professionally structured group workout. Utilizing a mixture of weight training and CV to create a challenging, all-round workout.	FREE	£5.00 per session	£10.00 per session
INCINERATE	 30 minutes of High Intensity Interval Training. Calorie burning circuit training that's fast and effective.	FREE	£2.50 per session	£5.00 per session
MEDITATION	 Relax, unwind and sink into the calmest 30 minutes of your week. Learn relatable and practical Meditation skills to take with you into day to day life.	FREE	£2.50 per session	£5.00 per session
HIIT BOX	 High Intensity Interval Training with Boxing skills at it's core... this class is designed to give you a big bang for your buck workout! Pad work, circuits and cardio all-in-one!	FREE	£5.00 per session	£10.00 per session

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15							
6:30	SPIN 45		SPIN 45		SPIN 45		
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9:00						SPIN 45	SPIN 45
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9:30	LADIES ONLY		OUTPUT		OUTPUT		
9:45							
10:00							FLOW
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12:30	SPIN 30		SPIN 30		SPIN 30		
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17:15							
17:30			INCINERATE		INCINERATE		
17:45							
18:00	HIIT BOX	OUTPUT	OUTPUT	LADIES ONLY	OUTPUT		
18:15							
18:30							
18:45							
19:00		FLOW 30		FLOW 30			MEDITATION
19:15	SPIN 45	SPIN 45	SPIN 45	SPIN 45			
19:30							
19:45							
20:00							

ASK THE TEAM FOR MORE DETAILS. Secure your space by Pre-booking via the App / Reception / 01935 706326