











# CLASSES



		Jewel & Performance Members	Progress Members	Non-members	
<b>LADIES ONLY</b>		A Feel-good mixture of weight training, CV and circuits. A supportive group setting to empower women to train outside of their comfort zone.	<b>FREE</b>	<b>£5.00</b> per session	<b>£10.00</b> per session
<b>FLOW</b>		A holistic class utilising a mixture of Yoga and Pilates bodyweight movements. Designed to relax and strengthen body and mind.	<b>FREE</b>	<b>1hr £5<sup>00</sup></b> <b>30min £2<sup>50</sup></b> per session	<b>1hr £10<sup>00</sup></b> <b>30min £5<sup>00</sup></b> per session
<b>SPIN</b>		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.	<b>FREE</b>	<b>£3.50</b> per session	<b>£7.50</b> per session
<b>OUTPUT</b>		A professionally structured group workout. Utilising a mixture of weight training and CV to create a challenging, all-round workout.	<b>FREE</b>	<b>£5.00</b> per session	<b>£10.00</b> per session
<b>INCINERATE</b>		30 minutes of High Intensity Interval Training. Calorie burning circuit training that's fast and effective.	<b>FREE</b>	<b>£2.50</b> per session	<b>£5.00</b> per session
<b>MEDITATION</b>		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.	<b>FREE</b>	<b>£2.50</b> per session	<b>£5.00</b> per session
<b>FORGE</b>		Our new coach-led upper body class, designed to Forge strength, Forge resilience, Forge muscle and build a powerful physique.	<b>FREE</b>	<b>£5.00</b> per session	<b>£10.00</b> per session
<b>HIIT BOX</b>		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!	<b>FREE</b>	<b>£5.00</b> per session	<b>£10.00</b> per session
<b>RUNNING CLUB</b>		A community-feel club where you can run at your own pace and be motivated by other club Members and our running coach. We'll guide you to improve your running skills, as well as getting an awesome fitness workout.	<b>FREE</b>	<b>£5.00</b> per session	<b>£10.00</b> per session
<b>SPIN CYCLE</b>		<b>SPECIAL MONTHLY SPIN CLASS!</b> Hold onto your saddles, as on the 1st Saturday of each month one of our instructors will take you through a spin class, choreographed to a feature music genre or artist.	<b>FREE</b>	<b>£3.50</b> per session	<b>£7.50</b> per session

**ASK THE TEAM FOR MORE DETAILS**

Secure your space by Pre-booking via Fitsense App / Reception / 01935 706326

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00							
6:15			SPIN 45		SPIN 45		
6:30							
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9:00						SPIN CYCLE 1st Saturday of each Month	SPIN 45
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9:30	OUTPUT	FORGE	OUTPUT	FORGE	OUTPUT		
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17:30	INCINERATE		INCINERATE				
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18:15	HIIT BOX	RUNNING CLUB	OUTPUT	HIIT BOX	LADIES ONLY		
18:30							
18:45							
19:00		FLOW 30		FLOW 30			MEDITATION
19:15							
19:30	SPIN 45	FORGE	SPIN 45	FORGE	SPIN 45		
19:45							
20:00							
20:15							