









CLASSES

		Jewel & Performance Members	Progress Members	Non-members	
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 45		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	£3.50 per session	£7.50 per session
OUTPUT		A professionally structured group workout. Utilising a mixture of weight training and CV to create a challenging, all-round workout.	FREE	£5.00 per session	£10.00 per session
FORGE		Our new coach-led upper body class, designed to Forge strength, Forge resilience, Forge muscle and build a powerful physique.	FREE	£5.00 per session	£10.00 per session
HIITBOX		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
SPIN CYCLE		SPECIAL MONTHLY SPIN CLASS! 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.	FREE	£3.50 per session	£7.50 per session

ASK THE TEAM FOR MORE DETAILS

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00							
6:15			SPIN 45		SPIN 45		
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9:00						SPIN CYCLE 1st Saturday of each Month	SPIN 45
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9:30		FORGE	OUTPUT	FORGE			
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10:00						FORGE	FLOW
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18:00	OUTPUT	OUTPUT	HIITBOX	OUTPUT			
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18:45					OUTPUT		
19:00	FLOW 30	FLOW 30		FLOW 30			
19:15			FORGE				
19:30	SPIN 45	FORGE	SPIN 45	FORGE	SPIN 45		
19:45							
20:00							
20:15							