





		Jewel & Performance Members	Progress Members	Non-Members
<h2>SPIN 45</h2> 	<p>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.</p>	FREE	£3.50 per session	£7.50 per session
<h2>OUTPUT</h2> 	<p>A professionally structured group workout. Utilising a mixture of weight training and CV to create a challenging, all-round workout.</p>	FREE	£5.00 per session	£10.00 per session
<h2>FORGE</h2> 	<p>Our coach-led upper body class, designed to Forge strength, Forge resilience, Forge muscle and build a powerful physique.</p>	FREE	£5.00 per session	£10.00 per session
<h2>MOVE</h2> 	<p>A yoga practice designed to improve performance of mind & body.</p>	FREE	£5.00 per session	£10.00 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
06:00			SPIN 45		SPIN 45		
06:30			SPIN 45		SPIN 45		
07:00							
07:30							
08:00						SPIN 45	MOVE (1st Sunday of each month)
08:30						SPIN 45	MOVE (1st Sunday of each month)
09:00						OUTPUT	
09:30	OUTPUT	FORGE	OUTPUT	FORGE	MOVE	OUTPUT	
10:00	OUTPUT	FORGE	OUTPUT	FORGE	MOVE	FORGE	
10:30						FORGE	
11:00							
17:00							
17:30							
18:00	FORGE		OUTPUT	FORGE			
18:30	FORGE		OUTPUT	FORGE			
19:00	SPIN 45	SPIN 45		SPIN 45			
19:30	SPIN 45	SPIN 45		SPIN 45			
20:00			FORGE				