

CLASSES

		Jewel & Performance Members	Progress Members	Non-Members
 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 coach-led full body weights class, designed to Forge strength, Forge confidence and Forge a capable physique.	FREE	£5.00 per session	£10.00 per session
 ENGINE	Focusing on leg strength and stability to improve run times, followed by a Hyrox style circuit to improve endurance and technical skill.	FREE	£5.00 per session	£10.00 per session
 RUNNING CLUB	A community-feel club where you can run at your own pace and be motivated by other club Members and our running coach.	FREE		£5.00 per session

ASK THE TEAM FOR MORE DETAILS

CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM						
		SPIN 45 06:00 - 06:45		SPIN 45 06:00 - 06:45		
					SPIN 45 08:00 - 08:45	
					OUTPUT 08:30 - 09:20	
					FORGE 09:30 - 10:20	
PM						
FORGE 18:00 - 18:50		ENGINE 18:00 - 19:00	FORGE 18:00 - 18:50			
RUNNING CLUB 18:00 - 19:00						
SPIN 45 19:00 - 19:45			SPIN 45 19:00 - 19:45			
	FORGE 19:30 - 20:20					