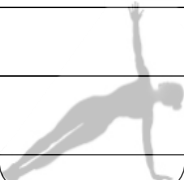


AUTUMN TIMETABLE 2026



- AVAILABLE IN THE STUDIO AND ONLINE
- MUST BE BOOKED

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	AM	AM	AM	AM	AM	AM
Pump & Tone (🔊) 9.30 – 10.00	 Spin 35 9.30 – 10.05	Mash up 9.30 – 10.30	Step 2 the beat 9.30 – 10.10	 Spin 35 9.30 – 10.05	Mash up 9.30 – 10.30	 Spin 35 9.30 –
 Spin 35 10.10 – 10.45	Power Pilates 10.15 – 11.15		Arms/Abs blast (🔊) 10.20 –			Pump arms/abs 10.15 – 10.45
Yogalates 10.55 – 11.55	 Coffee morning 11.15					
PM	PM	PM	PM	PM		
Step 2 the beat 5.45 – 6.25		 Box2Beat 6.00 – 6.40	Pump & Tone 5.30 – 6.00	 Spin 35 5.15 – 5.50		
Pump & Tone 6.35 – 7.05			 Spin 35 6.10 – 6.45	Pump arms/abs 6.00 – 6.30		
			Pure Pilates 6.55 – 7.55			