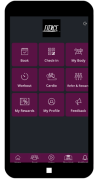


CLASSES



**BOOK YOUR CLASS
ON THE FIERCE GYM APP OR AT RECEPTION**

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

06:15	45 mins	Bootcamp	45 mins	BST Workout	45 mins	S&C Circuits	45 mins	Core, Glutes & Legs	45 mins	HIIT	09:30	45 mins	HIIT		
07:15	30 mins	Spin (Virtual)	30 mins	Spin	30 mins	Spin (Virtual)	30 mins	Spin	30 mins	Spin	10:15	30 mins	Virtual Spin	45 mins	BST Workout
09:30	45 mins	HIIT			30 mins	HIIT (Virtual)	30 mins	Core (Virtual)	45 mins	S&C Circuits	10:45			45 mins	Circuits
10:30									30 mins	Pilates (Virtual)				30 mins	Virtual Spin
12:15					45 mins	HIIT									
17:30									60 mins	14-16 Strength & Conditioning (£)					
17:45					30 mins	Spin									
18:00	30 mins	Spin					45 mins	BST Workout							
18:30					60 mins	Ladies Lifting club			30 mins	Spin (Virtual)					
18:45							30 mins	Spin (Virtual)							
19:15	60 mins	Private Team Hire	30 mins	Spin (Virtual)			60 mins	Private Team Hire							
19:30	30 mins	Pilates (Virtual)	60 mins	Private Team Hire	30 mins	Pilates (Virtual)			30 mins	Yoga (Virtual)					
20:30															



Track your fitness with MyZone
£85 at Reception (Save £55)

ORANGE - Gym Floor
GREEN - Studio 2
BLUE - Studio 2 (Virtual)
£ - Paid Classes