

Fitness Class Timetable

W/C 19 October 2026

Monday			
06:30 - 07:10	Indoor Cycling	Julia Palmer	(S/S)
06:30 - 07:15	Body Pump Express	Sophie Walker	(C/R)
07:15 - 08:00	Beginners Yoga	Sam Mitchell	(B/L)
08:00 - 08:45	Aqua Blast	Kelly Penn	(S/P)
08:15 - 09:00	Gentle Stretch & Tone	Neil Solmon	(M/H)
08:50 - 09:35	Aqua Fit	Kelly Penn	(S/P)
09:00 - 10:00	Pilates Course (C)	Tracy Joyce	(C/R)
09:30 - 10:30	Circuits	Sophie Walker	(M/H)
10:15 - 11:15	Pilates Course (C)	Tracy Joyce	(C/R)
10:30 - 11:10	Indoor Cycling	Neil Solmon	(S/S)
11:30 - 12:30	Pilates Course (C)	Tracy Joyce	(C/R)
13:45 - 14:45	Pilates Course (C)	Rali Stefanova	(C/R)
17:30 - 18:15	Body Pump Express	Rikki Walden	(F/S)
18:00 - 19:00	Yoga	Gaia Madden	(B/L)
18:10 - 19:00	Circuits	Charlotte Offer	(M/H)
18:20 - 19:00	Indoor Cycling	Gaynor Somerville	(S/S)
18:45 - 19:30	PIYO	Sophie Walker	(C/R)
19:15 - 20:00	Step Aerobics	Neil Solmon	(M/H)
19:10 - 19:50	Indoor Cycling	Gaynor Somerville	(S/S)
19:30 - 20:30	Pilates Course (C)	Rali Stefanova	(Bar)
19:45 - 20:30	Aqua Fit	Kirstine Culpan	(S/P)
20:05 - 20:50	20/20 Freestyle	Neil Solmon	(M/H)
20:00 - 20:45	Yoga	Julia Palmer	(C/R)
Tuesday			
06:30 - 07:10	Indoor Cycling	Neil Solmon	(S/S)
06:30 - 07:15	Clubbercise	Ricky Gill	(M/H)
08:00 - 08:45	PIYO	Clare Nicholas	(C/R)
08:15 - 09:00	Aqua Pilates	Kelly Penn	(S/P)
08:15 - 09:00	Exercise To Music	Neil Solmon	(M/H)
09:10 - 09:55	Legs, Bums & Tums	Kelly Penn	(M/H) T/T
09:00 - 09:45	Yoga	Luki Shergill	(C/R)
09:30 - 10:10	Indoor Cycling	Neil Solmon	(S/S)
09:30 - 10:30	Pilates Course (C)	Tracy Joyce	(Bar)
09:55 - 10:40	Gentle Stretch & Tone	Lianne Ede	(C/R) T/T
10:50 - 11:35	Body Pump Express	Rikki Walden	(C/R)
10:30 - 11:15	Aqua Fit	Lynn Hill	(S/P)
11:45 - 12:30	Fitness Pilates	Luki Shergill	(C/R)
17:55 - 18:55	Body Pump	Andy	(C/R)
18:10 - 18:50	Indoor Cycling	Rikki Walden	(S/S)
19:00 - 20:00	Body Pump	Andy	(C/R)
19:05 - 19:45	Indoor Cycling	Julia Palmer	(S/S)
19:15 - 20:00	Aqua Fit	Lynn Hill	(S/P)
20:15 - 21:15	Pilates Course (C)	Diana McGrail	(C/R)
20:30 - 21:15	Yoga	Julia Palmer	(B/L)

Wednesday			
06:30 - 07:15	Body Combat	Sarah Yates	(B/L)
06:30 - 07:15	Body Pump Express	Lianne Ede	(C/R)
08:10 - 08:55	Body Tone	Tina Balicka	(B/L) (T/T)
08:30 - 09:15	Legs, Bums & Tums	Ricky Gill	(C/R)
09:15 - 10:00	Yoga	Rali Stefanova	(Bar)
09:30 - 10:15	Clubbercise	Ricky Gill	(C/R)
09:30 - 10:15	Body Pump Express	Sophie Walker	(M/H)
10:20 - 11:05	Body Blitz	Ricky Gill	(C/R)
10:30 - 11:10	Indoor Cycling	Sophie Walker	(S/S) (T/T)
17:15 - 18:00	Body Combat	Lianne Ede	(C/R)
18:10 - 18:55	Body Pump Express	Sophie Walker	(C/R)
18:00 - 18:45	Step Aerobics	Neil Solmon	(M/H)
18:15 - 18:55	Indoor Cycling	Rikki Walden	(S/S)
19:00 - 19:40	Indoor Cycling	Sophie Walker	(S/S)
19:05 - 20:00	Circuits	Rikki Walden	(M/H)
20:15 - 21:00	Yoga	Sam Mitchell	(M/H)
Thursday			
06:30 - 07:10	Indoor Cycling	Rikki Walden	(S/S)
06:30 - 07:15	Clubbercise	Ricky Gill	(M/H)
07:35 - 08:20	Yoga	Luki Shergill	(C/R)
08:30 - 09:15	Gentle Stretch & Tone	Rachel Klein	(C/R)
09:15 - 10:00	Body Combat	Lianne Ede	(C/R) T/T
09:20 - 10:00	Indoor Cycling	Sophie Walker	(S/S)
09:20 - 10:05	Fitness Pilates	Luki Shergill	(B/L)
10:15 - 11:15	Body Pump	Sophie Walker	(C/R)
17:20 - 18:05	Circuits	Lianne Ede	(C/R)
17:35 - 18:15	Indoor Cycling	Nikki Samways	(S/S)
18:15 - 18:55	Zumba	Triff Rowe	(M/H)
18:15 - 19:00	Body Pump	Lianne Ede	(C/R)
18:20 - 19:00	Indoor Cycling	Nikki Samways	(S/S)
19:05 - 19:50	Legs, Bums & Tums	Nikki Samways	(M/H)
19:15 - 20:15	Therapeutic Yoga	Jo Guy	(C/R)
20:00 - 20:45	Aerobercise	Holly Selby	(B/L)

Friday			
06:30 - 07:10	Indoor Cycling	Sophie Walker	(S/S)
06:30 - 07:15	Body Pump Express	Lianne Ede	(C/R)
07:20 - 08:05	Yoga	Julia Palmer	(B/L)
08:00 - 08:40	Aqua Pilates	Kelly Penn	(S/P)
08:15 - 09:00	Body Combat	Lianne Ede	(C/R)
08:45 - 09:30	Aqua Fit	Kelly Penn	(S/P)
09:30 - 10:30	Circuits	Charlotte Offer	(M/H)
09:35 - 10:20	Aqua Fit	Kelly Penn	(S/P)
10:40 - 11:20	Indoor Cycling	Lianne Ede	(S/S)
10:45 - 11:30	Yoga	Sam Mitchell	(C/R)
10:45 - 11:30	Body Pump Express	Ricky Gill	(M/H)
11:45 - 12:30	Pregnancy Yoga	Sam Mitchell	(C/R)
17:30 - 18:10	Indoor Cycling	Gaynor Somerville	(S/S)
17:30 - 18:15	Body Pump Express	Rikki Walden	(C/R)
17:30 - 18:15	Yoga	Sophia Abusahmen	(B/L)
18:00 - 18:45	Circuits	Lianne Ede	(M/H)
18:20 - 19:00	Indoor Cycling	Gaynor Somerville	(S/S)
18:30 - 19:15	Body Combat	Sarah Yates	(C/R)
19:15 - 20:00	Aqua Fit	Juliet Carey	(S/P)
Saturday			
07:45 - 08:30	Yoga	Julia Palmer	(M/H)
08:40 - 09:20	Indoor Cycling	Julia Palmer	(S/S)
08:55 - 09:55	Body Pump	Rikki Walden	(F/S)
Sunday			
08:15 - 09:00	Yoga	Julia Palmer	(C/R)
09:00 - 10:00	Super Circuits	Sophie Walker	(F/S)
09:05 - 09:50	Body Combat	Lianne Ede	(C/R)
10:05 - 10:45	Indoor Cycling	Lianne Ede	(S/S)
17:30 - 18:15	A-Plan Workout	Charlotte Offer	(M/H)

Location Key >>>

M/H = Main Hall	S/S = Spin Studio
S/P = Swimming Pool	Bar = Bar Lounge
F/S = Fitness Studio	(C) = Course Fee Applies
C/R = Canford Room	T/T = Term Time Only

Fitness Class Fees >>>

Gold Members		Bronze Members		Non Members		Indoor Cycling		Access To Leisure	
55/60 minutes	FREE	55/60 minutes	£5.30	55/60 minutes	£6.80	Gold Members	FREE	55/60 minutes	£3.50
45/50 minutes	FREE	45/50 minutes	£4.70	45/50 minutes	£6.20	Bronze Members	£4.80	45 minutes	£3.20
30 minutes	FREE	30 minutes	£4.20	30 minutes	£5.70	Non Members	£6.30	30 minutes	£2.95

** Boxercise - Own gloves required. - Gloves available to order/purchase, £15.00 per pair.

