

MONDAY

| TIME | CLASS | INSTRUCTOR | LOCATION |
|-----------|-----------------|------------|---------------|
| 0645-0715 | BodyBalance | Virtual | Studio |
| 0645-0715 | Sprint | Glen | Spin Studio |
| 0730-0800 | CXWorx | Virtual | Studio |
| 0815-0845 | BodyCombat | Virtual | Studio |
| 0915-1000 | BodyPump | Serena | Studio |
| 0930-1030 | AquaFit | Sophie | Pool |
| 1030-1100 | Synrgy360 Power | Jordan | Strength Zone |
| 1015-1115 | BodyBalance | Serena | Studio |
| 1130-1215 | Sh'Bam | Virtual | Studio |
| 1300-1330 | Circuits | Jordan | Studio |
| 1345-1415 | CXWorx | Virtual | Studio |
| 1600-1700 | BodyBalance | Virtual | Studio |
| 1725-1755 | GRIT Strength | Karl | Studio |
| 1800-1850 | RPM | Dave | Spin Studio |
| 1800-1845 | BodyStep | Karl | Studio |
| 1850-1935 | BodyPump | Mike | Studio |
| 1945-2045 | Yoga | Steph | Studio |

TUESDAY

| | | | |
|-----------|-----------------|---------|---------------|
| 0645-0715 | CXWorx | Mike | Studio |
| 0645-0730 | Boot Camp | Luc | Tennis Courts |
| 0730-0800 | BodyPump | Virtual | Studio |
| 0830-0900 | CXWorx | Virtual | Studio |
| 0915-1005 | RPM | Serena | Spin Studio |
| 0915-1000 | Les Mills Tone | Zoe | Studio |
| 1015-1045 | CXWorx | Virtual | Studio |
| 1100-1200 | BodyPump | Virtual | Studio |
| 1215-1245 | CXWorx | Virtual | Studio |
| 1230-1300 | Synrgy360 Blast | Jordan | Strength Zone |
| 1300-1330 | BodyAttack | Zoe | Studio |
| 1345-1415 | CXWorx | Virtual | Studio |
| 1500-1545 | Sh'Bam | Virtual | Studio |
| 1600-1630 | CXWorx | Virtual | Studio |
| 1700-1745 | BodyPump | Mike | Studio |
| 1755-1840 | BodyAttack | Nick | Studio |
| 1800-1830 | Sprint | Dave | Spin Studio |
| 1845-1930 | BodyStep | Liz | Studio |
| 1945-2045 | BodyBalance | Virtual | Studio |

WEDNESDAY

| | | | |
|-----------|-----------------|---------|---------------|
| 0645-0735 | RPM | Serena | Spin Studio |
| 0645-0715 | BodyAttack | Nick | Studio |
| 0730-0800 | CXWorx | Virtual | Studio |
| 0815-0845 | BodyCombat | Virtual | Studio |
| 0915-0945 | BodyAttack | Zoe | Studio |
| 0930-1030 | AquaFit | Sophie | Pool |
| 1000-1030 | CXWorx | Virtual | Studio |
| 1045-1130 | Sh'bam | Virtual | Studio |
| 1145-1245 | BodyPump | Virtual | Studio |
| 1300-1330 | CXWorx | Virtual | Studio |
| 1300-1330 | Synrgy360 Power | Jordan | Strength Zone |
| 1515-1615 | BodyPump | Virtual | Studio |
| 1630-1700 | CXWorx | Virtual | Studio |
| 1725-1755 | GRIT Plyo | Karl | Studio |
| 1730-1830 | Pilates | Steph | Spin Studio |
| 1800-1845 | BodyPump | Dave | Studio |
| 1855-1940 | Les Mills Tone | Liz | Studio |
| 1945-2045 | Yoga | Polly | Studio |

THURSDAY

| | | | |
|-----------|-----------------|---------|---------------|
| 0645-0730 | Sunrise Yoga | Steph | Studio |
| 0645-0730 | Boot Camp | Luc | Tennis Courts |
| 0800-0830 | CXWorx | Virtual | Studio |
| 0915-1015 | BodyPump | Serena | Studio |
| 1030-1130 | BodyBalance | Serena | Studio |
| 1030-1100 | Synrgy360 Blast | Jordan | Strength Zone |
| 1145-1215 | CXWorx | Virtual | Studio |
| 1300-1330 | Circuits | Jordan | Studio |
| 1345-1415 | BodyCombat | Virtual | Studio |
| 1445-1530 | BodyPump | Virtual | Studio |
| 1545-1630 | Sh'bam | Virtual | Studio |
| 1700-1745 | BodyBalance | Annette | Studio |
| 1750-1820 | CXWorx | Mike | Studio |
| 1800-1850 | RPM | Nick | Spin Studio |
| 1825-1910 | BodyAttack | Zoe | Studio |
| 1920-2005 | BodyPump | Nick | Studio |
| 2015-2045 | CXWorx | Virtual | Studio |

FRIDAY

| | | | |
|-----------|------------------|---------|---------------|
| 0640-0725 | BodyPump | Mike | Studio |
| 0645-0735 | RPM | Nick | Spin Studio |
| 0745-0815 | BodyBalance | Virtual | Studio |
| 0830-0900 | CXWorx | Virtual | Studio |
| 0915-1005 | RPM | Serena | Spin Studio |
| 0915-1015 | BodyBalance | Annette | Studio |
| 1030-1130 | Pilates | Steph | Spin Studio |
| 1145-1245 | BodyPump | Virtual | Studio |
| 1300-1330 | GRIT Cardio | Zoe | Studio |
| 1420-1450 | CXWorx | Virtual | Studio |
| 1500-1545 | Sh'Bam | Virtual | Studio |
| 1600-1650 | Born to Move 6-7 | Zoe | Studio |
| 1615-1645 | Synrgy Blast | Jordan | Strength Zone |
| 1730-1800 | Sprint | Dave | Spin Studio |
| 1730-1815 | Les Mills Tone | Zoe | Studio |
| 1830-1900 | CXWorx | Virtual | Studio |
| 1915-1945 | BodyPump | Virtual | Studio |

SATURDAY

| TIME | CLASS | INSTRUCTOR | LOCATION |
|-----------|------------------|------------|-------------|
| 0805-0905 | BodyAttack | Karl | Studio |
| 0815-0905 | RPM | Dave | Spin Studio |
| 0900-1000 | AquaFit | Sophie | Pool |
| 0915-1015 | BodyPump | Dave | Studio |
| 1000-1040 | Born to Move 2-3 | Dave H | Spin Studio |
| 1020-1105 | Les Mills Tone | Liz | Studio |
| 1115-1215 | BodyBalance | Steph | Studio |
| 1230-1300 | CXWorx | Virtual | Studio |
| 1315-1415 | BodyPump | Virtual | Studio |
| 1430-1530 | BodyCombat | Virtual | Studio |
| 1545-1615 | Sh'Bam | Virtual | Studio |
| 1630-1730 | BodyPump | Virtual | Studio |

SUNDAY

| | | | |
|-----------|------------------|---------|-------------|
| 0815-0845 | CXWorx | Virtual | Studio |
| 0855-0940 | BodyAttack | Karl | Studio |
| 0950-1050 | BodyPump | Mike | Studio |
| 1000-1050 | Born to Move 4-5 | Zoe | Spin Studio |
| 1100-1130 | CXWorx | Mike | Studio |
| 1215-1315 | BodyCombat | Virtual | Studio |
| 1330-1415 | BodyPump | Virtual | Studio |
| 1430-1500 | CXWorx | Virtual | Studio |
| 1515-1600 | Sh'Bam | Virtual | Studio |
| 1615-1715 | BodyBalance | Virtual | Studio |

CLASS ETIQUETTE

- Please wear suitable footwear and clothing and bring a water bottle and towel.
- Please advise the instructor if you have not done the class before.
- Please arrive at least 10 minutes prior to the class as admittance will be denied once the class has commenced.
- On arrival please advise the instructor of any pregnancy, medical conditions or injuries.
- No bags to be left on the studio floor.
- Mobile phones are not permitted in the studio unless agreed prior to the class with the instructor.

BOOKING INFORMATION

Classes can be booked up to 7 days in advance for members and 5 days for non-members.

For more information, telephone

01481 723366

or email info@kings.gg

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