

MONDAY			
TIME	CLASS	INSTRUCTOR	LOCATION
0645-0715	BodyBalance	Virtual	Studio
0645-0715	Sprint	Nick	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 Cardio	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
0730-0815	BodyPump	Virtual	Studio
0830-0900	CXWorx	Virtual	Studio
0915-1005	RPM	Serena	Spin Studio
0915-1015	Zumba	Pearl	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	CXWorx	Serena	Studio
1345-1445	BodyBalance	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
1850-1935	BodyStep	Liz	Studio
1945-2045	Zumba	Pearl	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 Strength	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
1145-1215	BodyPump	Virtual	Studio
1230-1315	Zumba	Pearl	Studio
1330-1400	CXWorx	Virtual	Studio
1415-1445	BodyBalance	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	Zumba	Pearl	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
1430-1500	Synrgy Blast	Niall	Strength Zone
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](mailto:info@kings.gg)

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