

Wellness Studio | Class Schedule

All classes are £15. Free for full gym members.

Monday

Time

Location

Pilates

17.45

Wellness Studio

Aerial Yoga

18.45

Jump Jersey

Tuesday

Aerial Yoga

17.45

Jump Jersey

Gentle Yoga

18.45

Jump Jersey

Wednesday

Yin Yoga

17.45

Jump Jersey

Hula Fitness

17.45

Jump Jersey

Pilates

18.45

Jump Jersey

Thursday

Pilates

9.30 & 18.45

Wellness Studio

Saturday

Pilates

8.00 & 9.00

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Sound Bath

10.00

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