

Summer 2026

Timetable

(LS) Face to Face Class available Livestream

Day	Class Type	Teacher	Price
Monday			
9:30-10:30am	Just Yoga (LS)	Chris	£ 11.00
11:00-11:45am	Chair Yoga	Chris	£ 5.00
12:15-12:45pm	Zen2spin Express	Chris	£ 5.50
18:00-18.45pm	Body Pump Heavy	Nabila	£ 7.00
19:00-19:30pm	Fitness Pilates (LS)	Nabila	£ 10.00
19:45-20:00	Yoga Basics	Nabila	
Tuesday			
6:30-7:15am	Zen2fit (Aerobics) (LS)	Nabila	£ 7.00
9:30-10:30am	Gentle Yoga	Violet	£ 11.00
11:00-12:00pm	Tai Chi	Violet	£ 11.00
12:15-13:00pm	Body Pump	Chris	£ 7.00
18:00-18:30pm	Zen2spin Express	Nabila	£ 5.50
19:00-20:00pm	Indian Hatha Yoga (LS)	Chris	£ 11.00
Wednesday			
6:30-7:15am	Zen2spin	Chris	£ 7.00
9:30-10:30am	Yin Yoga with sound (LS)	Chris	£ 11.00
12:15-1:00pm	Shape & Sculpt	Nabila	£ 10.00
18:15-19:00pm	Body Pump	Zara	£ 7.00
18:15-19:00pm	Yoga	Zara	£ 10.00
Thursday			
06:30-07:15pm	Fitness Yoga (LS)	Chris	£ 10.00
9:30-10:30am	Yoga Basics (LS)	Chris	£ 11.00
11:00-11:45am	Chair Yoga	Chris	£ 5.00
12:15-12:45pm	Zen2spin Express	Chris	£ 5.50
17:45-18:15pm	Shape & Sculpt	Nabila	£ 5.50
18:30-19:30pm	Ashtanga (LS)	Nabila	£ 11.00
20:00-21:00pm	Yin Yoga (LS)	Fiona	£ 11.00
Friday			
6:30-7:15am	Body Pump (LS)	Chris	£ 7.00
7:45-8:30am	Ashtanga (LS)	Chris	£ 10.00
9:30-10:30am	Hatha Yoga (LS)	Chris	£ 11.00
17:00-17:30pm	Body Pump Heavy	Nabila	£ 5.50
17:45-18:15pm	Fitness Pilates	Nabila	£ 10.00
Saturday			
8:45-9:30am	Zen2spin	Chris	£ 7.00
10:00-11:00am	Yoga Basics (LS)	Chris	£ 11.00
Sunday			
9:15-10:00am	Body Pump (LS)	Nabila	£ 7.00
10:30-11:30am	Yoga for Hips & Hamstrings (LS)	Nabila	£ 11.00