

Autumn 2026

Fitness Timetable

(LS) Face to Face Class available through Livestream

Day	Class Type	Teacher	Price
Monday			
12:15-12:45pm	Zen2spin Express	Chris	£ 5.50
18:00-18.45pm	Zen2strength Heavy	Nabila	£ 8.00
19:00-19:30pm	Fitness Pilates (LS)	Nabila	£ 11.00
Tuesday			
6:30-7:15am	Zen2fit (Aerobics) (LS)	Nabila	£ 8.00
12:15-13:00pm	Zen2strength	Chris	£ 8.00
18:00-18:30pm	Zen2spin Express	Nabila	£ 5.50
Wednesday			
6:30-7:15am	Zen2spin	Chris	£ 8.00
12:15-1:00pm	Shape & Sculpt	Nabila	£ 11.00
18:15-19:00pm	Zen2strength	Zara	£ 8.00
Thursday			
06:30-07:15pm	Fitness Yoga (LS)	Chris	£ 11.00
18:30-19:30pm	Ashtanga (LS)	Chris/Nabila	£ 12.00
19:45-20:45pm	Yin Yoga (LS)	Fiona	£ 12.00
Friday			
6:30-7:15am	Zen2strength	Chris	£ 8.00
17:00-17:30pm	Zen2strength Heavy	Nabila	£ 5.50
17:45-18:15pm	Fitness Pilates	Nabila	£ 11.00
Saturday			
8:45-9:30am	Zen2spin	Chris	£ 8.00
Sunday			
9:15-10:00am	Zen2strength	Nabila	£ 8.00