

STUDIO TIMETABLE

🏠 FeelFit Gym 21 Templars Square
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MONDAY

09:25 - 10:10 (LADIES ONLY) Legs Bums and Tums **Main**
10:15-11:00 Fitness Pilates **Main Studio**
11:15-12:00 FF Cycle - **Cycle Studio (Starting Oct26)**
17:30 -18:15 Les Mills Body Balance **Main Studio**
18:20 - 18:50 FF Cycle 30 **Cycle studio**
19:00-19:45 Barre - **Cycle Studio (Starting Oct26)**
18:20 - 19:20 Les Mills Body Pump **Main Studio**
19:30 - 20:20 Les Mills Body Combat **Main Studio**

TUESDAY

09:15-10:00 FF Cycle - **Cycle Studio (Starting Oct26)**
10:00-10:45 (LADIES ONLY) Body Conditioning **Main Studio**
11:15 -12:00 Les Mills Body Pump **Main Studio**
12:15 - 13:00 Barre - **Main Studio (Starting Oct26)**
17:45 - 18:30 (LADIES ONLY) Boxing with Coach Cynthia **Main Studio**
18:00 - 19:00 AAA Pole Fitness £ (Beg) **Cycle Studio**
18:30 - 19:15 Zumba **Main Studio**
19:00 - 20:00 AAA Pole Fitness £ (Int/Adv) - **Cycle Studio**
19:30 - 20:15 Pilates **Main Studio** (£)
20:00 - 21:00 AAA Pole Fitness £ (Beg) **Cycle Studio**

WEDNESDAY

09:25-10:10 (LADIES ONLY) HIIT **Main Studio**
10:15-11:00 Strength - **Main Studio (Starting Oct26)**
17:30 -17:50 Legs Bums and Tums **Main Studio**
18:00 - 18:45 Les Mills Body Combat **Main Studio**
18:30 - 19:15 FF Cycle **Cycle Studio**
19:00 - 19:45 Vinyasa Yoga **Main Studio** (£)
19:30-20:15 Calisthenics for beginners **Cycle Studio**
(Starting Oct26)

THURSDAY

10:00 - 10:45 (LADIES ONLY) FF Cycle + Tone **Cycle Studio**
11:00 - 11:45 Yogalates **Main Studio**
17:30 - 18:15 Fitness Pilates **Main Studio**
17:45 - 18:15 FF Cycle 30 **Cycle Studio**
18:20 - 19:05 Hatha Yoga and Meditation **Main Studio** (£)
19:00 - 20:00 AAA Pole Fitness £ (Beg) **Cycle Studio**
19:30 - 20:15 Zumba **Main Studio**
20:00 - 21:00 AAA Pole - Heels £ (mixed) **Cycle Studio**

FRIDAY

09:30 - 10:15 Aerobics **Main studio**
10:20 - 11:05 Barre **Main Studio**
11:15-12:00 FF Cycle+Core - **Cycle Studio (Starting Oct26)**
12:15-13:00 Strength **Main Studio (Starting Oct26)**
17:30 -18:15 Les Mills Body Pump **Main Studio**
18:30 -19:15 Les Mills Body Balance - **Main Studio**
18:30-19:30 AAA Pole Fitness £ (Beg) **Cycle Studio**
19:30-20:30 AAA Pole Fitness £ (Beg) **Cycle Studio**

SATURDAY

08:15-09:00 Les Mills Body Pump **Main Studio**
09:15 - 10:15 Les Mills Body Combat **Main Studio**
09:30-10:30 HIIT with Eva PT (£) **Cycle Studio**
10:30 - 11:15 Pilates **Main Studio** (£)
11:30 - 12:15 Zumba **Main Studio**

SUNDAY

Pop-up classes - check the app for times

MAIN STUDIO

CYCLE STUDIO (CAUTION STROBE LIGHTING EFFECTS)

POP UP CLASSES - THESE CLASSES ARE ON ADHOC SUNDAYS - PLEASE CHECK THE APP FOR WHEN THESE ARE ON
CLASSES LABELLED (STUDIO HIRE) ARE EXTERNAL COMPANIES HIRING SPACE AND THE STUDIO IS UNAVAILABLE

AAA CLASSES MUST BE PAID FOR AND BOOKED WITH AERIAL ARTS ACADEMY - STUDIO IS UNAVAILABLE

(LADIES ONLY) - CLASSES LABELLED (LADIES ONLY) ARE FOR LADIES ONLY AND WILL HAVE A FEMALE INSTRUCTOR
- in the event of a male instructor we will contact you in advance to let you know.

(£) PAID CLASS (YOGA/PILATES) PLEASE SPEAK TO A MEMBER OF THE TEAM FOR MORE INFORMATION

📅 A reduced timetable will always run on Bank Holidays and over the Christmas period