
















































# GROUP FITNESS TIMETABLE

Current as of 21/07/2025

TIME	MON	TUES	WED	THURS	FRI	SAT
6.00am						
9.00am						
9.30am						
9.45am						
10.00am						
10.30am						
3.30pm -5.30pm						
5.30pm						
6.00pm						
6.30pm					 Bring your own yoga mat  Teens allowed	

## GOLDEN PRYME TIMETABLE - Over 50's

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9.30am					
10.30am					
5.30pm					
6.00pm					
6.30pm					

CLASS	CLASS DESCRIPTION	DURATION
<b>LES MILLS 45 BODYPUMP</b>	Barbell workout for anyone looking to get lean, toned and fit. Using light to moderate weights with lots of repetitions, gives you a total body workout.	30 MINS & 45 MINS
<b>LES MILLS GRIT™ SERIES</b> <small>30 MINUTE HIGH INTENSITY INTERVAL TRAINING</small>	30 minute HIIT workout designed to improve strength and build muscle. This workout uses barbells, weight plates and body weight.	30 MINS
<b>LES MILLS BODYBALANCE</b>	Yoga based class that will improve your mind, your body and your life. Bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates.	60 MINS & 30 MINS
<b>LES MILLS BODYCOMBAT</b>	Body Combat is a high-energy, martial arts-inspired workout that focuses on burning calories, developing coordination, agility, and speed, while also toning arms, back, and shoulders. It incorporates moves from various martial arts like karate, boxing, taekwondo, and more, but is completely non-contact and doesn't require any prior experience.	45 MINS
<b>MOVE IT</b>	Low to medium intensity class designed to improve your balance, strength, stamina, flexibility and postural alignment whilst having fun.	30 MINS
<b>LES MILLS RPM</b>	Indoor cycling that's low impact and burns loads of calories. Motivating music while cycling hill climbs, sprints and flat riding to increase your cardio fitness.	30 MINS
<b>Abs &amp; Booty Blast</b>	Sculpt, tone and strengthen your lower body. Invigorating workout that focuses on targeting and toning your glutes, legs and core using resistance bands. Get ready to feel the burn and leave with a stronger more toned booty!	30 MINS
<b>CARDIO COMBAT CIRCUIT</b>	Unleash your inner Warrior! This exhilarating class is a fusion of cardio, boxing, kicking and circuit training designed to boost your endurance, strength, and agility. Experience a workout that incorporates martial arts-inspired moves and bodyweight exercises that will challenge your whole body.	30 MINS
<b>BARBELL BLAST</b>	Full-body workout using barbells and weight plates. Suitable for all fitness levels, this class targets major muscle groups through exercises like squats, deadlifts, presses and rows, all set to motivating music. Our expert instructor ensures proper form and effectiveness, helping you build muscle, burn calories and boost your confidence.	45 MINS
<b>meta PWR</b>	30 minute functional training circuit class that combines resistance and body weight exercises to target and develop strength, power, agility and cardio fitness.	30 MINS
<b>ZUMBA® FITNESS</b>	An interval workout that moves between high and low intensity dance moves designed to get your heart rate up and boost cardio endurance.	60 MINS
<b>ZUMBA® gold</b>	Perfect for active older adults, Easy to follow Zumba choreography made to focus on balance, range of motion and coordination.	45 MINS
<b>Fitball Union</b>	Experience a fusion of core strength, stability training, cardio and toning all while utilising a fitball for a fun and effective workout.	45 MINS
<b>The ART of ZEN 60</b>	Experience a soothing fusion of Yin Yoga, Qigong, and Meditation in this nourishing class which will leave you feeling lighter, calmer and more balanced. Your stress relieved, your nervous system regulated and restoring your inner Zen.	60 MINS