

CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.30 - 7.20am SKULPT	6.30 - 7.00am STRENGTH & CONDITIONING	6.30 - 7.20am X.KETTLEBELL	6.30 - 7.00am Super Cycle 30	6.30 - 7.00am FIT FOCUS	8.30 - 9.20am VINYASA FLOW	9.30 - 10.20am PsychoRIDE
7.30 - 8.00am FIT FOCUS	7.45 - 8.15am MADE MOT	8.45 - 9.15am GYM CIRCUITS	7.30 - 8.20am YOGALATES	7.30 - 8.20am SKULPT	9.30 - 10.20am BOOTCAMP	9.30 - 10.20pm STRENGTH & CONDITIONING
8.30 - 9.20am PsychoRIDE	8.30 - 9.00am PsychoRIDE	9.30 - 10.20am BOX CAMP	9.30 - 10.20am PILATES+	8.30 - 9.00pm Super Cycle 30	9.30 - 10.20am PsychoRIDE	10.30 - 11.30am GYM CIRCUITS
9.30 - 10.20am HATHA YOGA	9.30 - 10.20am GET LIT	10.30 - 11.00am Super Cycle 30	10.30 - 11.20am GYM CIRCUITS	9.00 - 9.50am X.YOGA	10.30 - 11.20am PILATES+	10.30 - 11.20am PILATES+
10.00 - 10.30am GYM CIRCUITS	10.30 - 11.20am HATHA YOGA	2.00 - 2.50pm HATHA YOGA	10.30 - 11.20am GLOW	10.00 - 10.50am GLOW	11.30 - 12.15pm GYM CIRCUITS	11.30 - 12.20pm BOX CAMP Family Friendly ★
10.30 - 11.00pm Super Cycle 30	11.30 - 12.20pm RESTORATIVE	3.00 - 3.50pm PILATES+	2.30 - 3.00pm MADE MOT	11.10 - 12.00pm RESTORATIVE YOGA	12.30 - 1.20pm XYOGA	3.00 - 3.50pm YIN YOGA
12.00 - 12.50pm GLOW	5.45 - 6.35pm SKULPT	5.30 - 6.00pm Super Cycle 30	3.00 - 3.50pm GLOW	4.00 - 4.50pm GLOW	1.30 - 2.00pm MADE MOT	4.00 - 4.50pm RESTORATIVE
5.30 - 6.00pm Super Cycle 30	6.00 - 6.45pm GYM CIRCUITS	6.00 - 6.50pm SKULPT	5.00 - 5.50pm BOOTCAMP	5.00 - 5.50pm YIN NIDRA	2.30 - 3.20pm X KETTLEBELL	
6.00 - 6.50pm SKULPT	6.30 - 7.35pm PsychoRIDE	7.00 - 7.50pm X.YOGA	6.00 - 6.50pm X.YOGA	6.00 - 6.50pm CYCLE POWER HOUR		
7.00 - 7.50pm GLOW	6.45 - 7.35pm BOX CAMP	8.00 - 8.50pm GLOW	6.00 - 6.50pm PsychoRIDE			
7.00 - 7.30pm GYM CIRCUITS	6.45 - 7.30pm GYM CIRCUITS		7.00 - 7.30pm GYM CIRCUITS			
	7.45 - 8.35pm YIN YOGA		7.00 - 7.50pm MADE MOT			

members only classes

OPEN CAVE

Members are welcome to use the cycle cave using their ICG app and without supervision on the following days and times:

Tuesdays
10am - 1pm

Wednesdays
8am - 11am
6pm - 9pm

Thursdays
11am - 2pm

Fridays
10am - 1pm

Days & times subject to change.
No booking required.



PAYG CLASSES £8.50 EACH

SAVE 20% WITH A BUNDLE OF 10 CLASSES FOR £70 (3 MONTH EXPIRY)

GYM & CENTRE OPENING TIMINGS:
MON-THU 6:30AM-9PM | FRI 6:30AM-7PM | SAT & SUN 8AM-5PM

★ FAMILY FRIENDLY CLASS... BRING KIDS AGES 8-13 YEARS FOR £5

CLASS CANCELLATION POLICY IN PLACE. PLEASE FAMILIARISE YOURSELF BEFORE BOOKING.