

THE UNIVERSAL FITNESS CENTRE

STUDIO TIMETABLE VALID FROM JULY 2024

DAY	Time	Duration	Main Studio	Spin Studio	
MONDAY				06.30-07.15	The Journey *Virtual – 45'
	09.10-09.55	45'	Legs, Bums & Tums	09.15-10.00	LIVE - The Journey – 45'
	10.30-11.15	45'	Healthy Hearts	12.30-13.00	Virtual Spin – 30'
	18.00-18.30	30'	Powerwave	17.25-17.55	LIVE - Speed Spin – 30'
	18.40-19.25	45'	Kettlebell	18:00-21:00	Free Cycle*
	19.30-20.30	60'	Yoga Fitness		
TUESDAY				06.45-07.15	Virtual Spin – 30'
	09.10-10.10	60'	Circuits	07.30-12.00	Free Cycle*
	10.15-11.15	60'	Yoga	12.30-13.00	Virtual Spin – 30'
	14.00-16.00	120'	U3A Table Tennis (PH)	17.10-17.40	Virtual Spin - 30'
	17.45-18.30	45'	Fatburn		
	18.35-18.50	15'	Core Blast		
	18.55-19.25	30'	Glute Attack	19.00-19.45	LIVE - Power Spin – 45'
	19.30-20.30	60'	Box & Burn		
WEDNESDAY	06.30-07.00	30'	EarlyBird HIITCIRCUIT	06.15-09.00	Free Cycle*
	09.10-10.00	50'	Pump		
	11.00-11.45	45'	Healthy Hearts Circuits	12.00-12.45	The Journey *Virtual – 45'
	17.45-18.15	30'	HIITCIRCUIT		
	18.20-19.05	45'	Kick & Burn	18.30-19.30	LIVE - The Journey – 60'
	19.10-19.55	45'	Bodyblitz		
	20.00-21.00	60'	Pilates		
THURSDAY				06.45-07.15	Virtual Spin – 30'
	09.10-09.55	45'	Kettlebell	09.30-10.00	Virtual Spin – 30'
				12.30-13.00	Virtual Spin – 30'
	17.40-17.55	15'	Core Blast	17.25-17.55	LIVE - Speed Spin – 30'
	18.00-18.30	30'	HIITSTEP		
	18.35-19.25	50'	Pump	19.30-20.00	Virtual Spin – 30'
19.30-20.30	60'	Bourne Boxing Club (PH)			
FRIDAY				06.30-07.15	The Journey *Virtual – 45'
	09.10-09.55	45'	Step Aerobics	08.00-11.00	Free Cycle*
	10.00-11.00	60'	Pilates	12.30-13.00	Virtual Spin – 30'
	14.00-16.00	120'	U3A Table Tennis (PH)	17.15-17.45	Virtual Spin – 30'
	18.00-19.00	60'	TBR (Total Body Reset)		
SATURDAY				08.25-09.25	LIVE - The Journey – 60'
	09.30-10.15	45'	Bodyblitz	10.00-14.00	Free Cycle*
	13.00-13.45	45'	Huge Moves Karate (PH)		
	13.45-14.30	45'	Huge Moves Karate (PH)		
				15.00-15.45	The Journey *Virtual 45'
SUNDAY	09.20-10.20	60'	Sunday Circuits	10.30-11.15	The Journey *Virtual 45'
	11.00-12.30	90'	MMA (PH)		
				15.00-15.30	Virtual Spin – 30'

- All classes must be booked before taking part.

- All cancellations must be made 2 hours prior to the class start time, failure to do so will result in a 7 day booking ban or the loss of credits used to book the class.
 - Please arrive to classes 5 minutes before the start time to allow for setting up.
- If the class has already started, then please DO NOT enter the studio as this disrupts the class and isn't fair on the instructor or those who arrived early.
 - PH* Private Hire – Studio is hired out to a private company or club
- Free Cycle* - The Spin studio is open for use by anyone, a ticket to ride is on the screen for optional virtual spin.

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