

THE UNIVERSAL FITNESS CENTRE

STUDIO TIMETABLE VALID FROM JANUARY 2nd 2025

Day	Time	Term	Main Studio Class	Time	Term	Spin Studio Class
MONDAY	09.10-9.55	45	Step Aerobics	06.30-07.15	45'	The Journey - Virtual
	10.30-11.15	45	Healthy Hearts	09.15-10.00	45'	LIVE - The Journey
	17.10-17.40	30	Express Kettlebell			
	18.00-18.30	30	Tabata	12.30-13.00	30'	Virtual Spin
	18.35-19.25	50	Kettlebell	17.45-18.30	45	LIVE – The Journey
	19.30-20.30	60	Yoga Fitness			
TUESDAY	09.10-09:55	50	Kettlebell	06.45-07.15	30'	Virtual Spin
	10.00-11.00	60	Yoga Fitness			
	11.30-12.15	45	Kettlebell	12.30-13.00	30'	Virtual Spin
	17.00-17.30	30	Hiitcircuit			
	17.40-18.10	30	Hiitstep	17.00-17.30	30'	Virtual Spin
	18.15-19.05	50	Pump			
	19.10-20.10	60	Box & Burn	19.10-19.40	30	LIVE – Speed Spin
WEDNESDAY	06.30-7.00	30	Earlybird Hiitcircuit			
	9.10-10:10	60	Circuits			
	11.00-11.45	45	Healthy Hearts Circuits	12.00-12.45	45'	The Journey - Virtual
	17.00-17.45	45	Fatburn			
	18.00-18.45	45	Fatburn			
	18:50-19.40	50	LBT	18.00-18.15	15'	LIVE – Introduction To Spin
19.45-20.45	60	Pilates	18.50-19.50	60'	LIVE - The Journey	
THURSDAY	9.10-10.10	60	Pump	06.45-07.15	30'	Virtual Spin
	10.30-11.10	40	Healthy Hearts Stretch	12.30-13.00	30'	Virtual Spin
	11.30-12.15	45	Pump			
	17.20-17.50	30	Powerwave			
	18.00-18.30	30	Powerwave	17.25-17.55	30'	LIVE - Speed Spin
	18.40-19.25	45	Kick & Burn	19.30-20.00	30'	Virtual Spin
FRIDAY	9.10-10.00	50	LBT	06.30-07.15	45'	The Journey - Virtual
	10.05-11.05	60	Pilates			
				12.30-13.00	30'	Virtual Spin
	18.00-18.50	50	TBR	17.15-17.45	30'	The Journey - Virtual
SATURDAY	9.30-10.20	50	Bodyblitz	08.25-09.25	60'	LIVE - The Journey
				15.00-15.45	45'	The Journey - Virtual
SUNDAY	9.10-10.10	60	Circuits	10.30-11.15	45'	LIVE - The Journey
				15.00-15.30	30'	Virtual Spin

- 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
 - Virtual Spin classes are done in the spin studio in front of a projector screen.
- We recommend to do the 'introduction to spin' class if you have never taken part in spin classes before.