

Class SCHEDULE

truGym Classes can be booked via your Clubright app from 2pm, 7 days in advance. £ classes can be booked & paid for directly with the instructor. Trugym do not profit from these initiatives. Should you not be able to attend a class, please cancel to allow others to take your place. A 3 strike rule applies to no shows. Please contact Reception for queries & support. Happy Classing!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:15-08:00 PI YO Yuko	06:30 - 07:00 BOOTCAMP Ross	07:15-08:00 YOGA Markus	06:30-07:00 SPIN Roisin / Coral	08:00-08:30 POWER YOGA Julietta	08:00-09:00 KARATE JUNIORS Contact Kevan £	10:00 - 10:30 MEDITATION Contact Markus £
09:15-09:45 AQUA ZUMBA Coral	09:30-10:15 SPIN Nicola	09:30-10:00 LBT Sally	09:30-09:45 CORE YOGA Clare	09:30-10:15 AQUA Contact Freddie £	09:00-10:00 KARATE ADULTS Contact Kevan £	09:00 - 09:45 SPIN Coral
09:45-10:30 YOGA Paul	09:30-10:15 PI-YO Yuko	09:30-10:15 AQUA Contact Freddie £	09:30 -10:15 BARBELL BLITZ Sally	09:00-09:45 PILATES Yuko	9:30-10:30 TRU TOUR SPIN Mel	10:30-11:15 YOGA Markus
10:30-11:15 TRU PUMP Sam	10:30-11:15 MOVE & TONE Sam	10:00-10:45 HOT YOGA Claire	10:45-11:15 Move & Groove(Seniors) Coral	10:15-11:00 SPIN Nicola	10:00 - 10:30 ELEV8 COACHING Roisin	10:30 - 11:15 ZUMBA Coral
11:00-11:30 AQUA Trina	12:30-13:15 YOGA Markus	10:30-11:00 AQUA 30 Freddie	10:45 - 11:15 POWER PILATES Hayley	10:30-11:00 AQUA 30 Freddie	10:10-10:55 YOGA Markus	12:00 - 13:15 HEALING BOWLS Contact Dean £
11:30-12:15 PILATES Sam	13:00 -13:30 Move & Groove(Seniors) Coral	10:30-11:15 TRU PUMP Sam	11:30-12:00 AQUA 30 Trina	12:00 -12:45 DANCE FIT Coral	11:00 - 11:30 Elev8/Beginners SPIN Roisin	
17:30-18:15 TRU BALANCE Nicola	14:00-14:30 BOOTCAMP Ross	17:30-18:15 TRU BALANCE Nicola	14:00 - 14:30 SPINBOX Roisin / Coral	13:00 - 13:30 AQUA ZUMBA Coral	11:15-12:00 TRU BALANCE Francoise	
17:45-18:15 ZUMBA 30 Coral	17:45-18:15 TABATA BLAST Sally	18:30-19:15 HEALING BOWLS Dean	11:30-12:15 XTEND BARRE Francoise	13:00 - 18:30 ELEV8 COACHING Roisin	15:00 - 15:30 TENNIS 4-7yrs Tom	
18:25-18:55 SPIN 30 Nicola	18:00-18:45 PILATES Yuko	18:30-19:15 BARBELL BLITZ Sally	18:00 - 18:45 RUNNING CLUB Abi	18:15-18:45 CIRCUIT 30 Angelo		
18:30 -19:00 POWER PILATES Hayley	18:30-19:15 BOXFIT Sally	18:45-19:30 SPIN Nicola	18:30-19:15 LBT Sally	19:00-19:45 THEMED SPIN SPECIAL watch out for dates		
18:30-19:30 KANGOO Contact Agnus £	19:30-20:30 HIP HOP STEP Contact Angelo £	19:30-20:15 AQUA DANCEFIT Coral	18:30-19:15 YOGA Michelle			
18:30 - 19:00 ELEV8 COACHING Roisin	20:00-20:30 SPIN 30 Jay	20:15-21:00 HOT YOGA Sophia	19:30-20:30 HIP HOP STEP Angelo			

NEW CLASSES!



January