

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:45		06:45 - 07:15 SPIN:30 Spin Studio - Sam	07:00 - 07:45 SPIN Spin Studio - Julie		06:45 - 07:15 T3 PUMP The Loft - Sam		
	07:00 - 07:45 HIIT - STRENGTH The Loft - Jordan	07:00 - 07:45 BODYPUMP X The Loft - Claire	07:00 - 07:45 HIIT - CIRCUITS The Loft - Tyler	07:00 - 07:45 STRENGTH & CONDITIONING The Loft - Jordan	07:00 - 07:45 SPIN Spin Studio - Julie		
08:00		08:25 - 09:10 BARBELL CLUB Gym - Dani				08:00 - 09:00 BODYCOMBAT The Loft - Louise	
09:00	09:15 - 10:00 SPIN Spin Studio - Julie	09:15 - 10:15 BODYPUMP The Loft - Jo	09:15 - 10:05 KETTLEBELLS Studio 2 - Derek	09:15 - 10:00 BODYPUMP The Loft - Jo	09:15 - 10:15 LEGS,BUMS & TUMS The Loft - Jo	09:15 - 10:15 BODYPUMP The Loft - Louise	09:00 - 09:45 HIIT CIRCUITS Studio 2 - Tyler
	09:15-10:00 STRENGTH & CONDITIONING Studio 2 - Jo	09:15 - 10:15 AQUA AEROBICS Pool - Dani	09:15 - 10:15 AQUA AEROBICS Pool - Fran			09:15 - 10:00 RHYTHM RIDE Spin Studio - Jodie	09:00 - 10:00 BODYPUMP The Loft - Becky
	09:15 - 10:00 AQUA AEROBICS Pool - Fran		09:30 - 10:15 BARBELL CLUB Gym - Kim	09:30 - 10:30 MUM & BABY YOGA Studio 2 - Katie		09:30 - 10:15 BARBELL CLUB Gym - Dani	
	09:15 - 10:15 PILATES The Loft - Vicky		09:30 - 10:15 SPIN Spin Studio - Julie	09:30 - 10:30 (S.B.D.) Squat.Bench.Deadlift Gym - Tyler			
		09:30 - 10:15 LEGS,BUMS & TUMS Studio 2 - Vicky	09:30 - 10:00 BOOGIE BOUNCE The Loft - Heidi				
10:00	10:30 - 11:15 PARENT & BABY FITNESS Studio 2 - Vicky				10:00 - 11:00 CIRCUITS Studio 2 - Claire		10:15 - 11:00 RPM Spin Studio - Becky
	10:30 - 11:30 VINYASA FLOW YOGA The Loft - Katie	10:30 - 11:15 FITBALL CORE WORKOUT Studio 2 - Claire	10:30 - 11:30 VINYASA FLOW YOGA Studio 2 - Jen A	10:30 - 11:30 GENTLE YOGA & PILATES The Loft - Claire C	10:30 - 11:30 VINYASA FLOW YOGA The Loft - Kelly	10:15 - 11:15 YOGA Studio 2 - Zennor	10:15 - 11:15 YOGA The Loft - Monika
		10:45 - 11:45 VINYASA FLOW YOGA The Loft - Claire C	10:30 - 11:15 STRENGTH & CONDITIONING The Loft - Kim			10:30 - 11:30 PILATES The Loft - Louise	
17:00	17:30 - 18:10 MET CON / HIIT Studio 2 - Jordan	17:30 - 18:15 BODYPUMP X The Loft - Clare M	17:30 - 18:00 RPM : 30 Spin Studio - Becky	17:30 - 18:15 AEROBICS The Loft - Claire C	17:15 - 17:45 BOOGIE BOUNCE The Loft - Heidi		
	17:45 - 18:15 SPIN 30 Spin Studio - Jodie	17:30 - 18:15 SPIN Spin Studio - Dave	17:30 - 18:15 LEGS,BUMS & TUMS The Loft - Fran	17:30 - 18:15 BODYCOMBAT X Studio 2 - Becky	17:30 - 18:20 KETTLEBELLS Studio 2 - Derek		
	17:45 - 18:30 BODYCOMBAT X The Loft - Becky	17:30 - 18:15 BOXFIT Studio 2 - Julie		17:45 - 18:30 SPIN Spin Studio - Julie			
18:00	18:20 - 19:05 PILATES Studio 2 - Fran	18:25 - 19:10 SPIN Spin Studio - Julie	18:25 - 19:25 BODYPUMP The Loft - Sam	18:15 - 19:15 AQUA AEROBICS Pool - Fran	18:00 - 18:45 CLUBBERCISE The Loft - Liam		
	18:40 - 19:40 BODYPUMP The Loft - Becky	18:30 - 19:15 BODYCOMBAT X Studio 2 - Clare M	18:30 - 19:30 PILATES Studio 2 - Alex	18:30 - 19:15 BODYPUMP X The Loft - Becky			
	19:10 - 19:55 ZUMBA Studio 2 - Kelly	18:30 - 19:30 GENTLE YOGA The Loft - Holly	18:30 - 19:30 AQUA AEROBICS +CIRCUITS Pool - Fran	18:30 - 19:30 PILATES Studio 2 - Claire C			
19:00	19:15 - 20:00 AQUA AEROBICS Pool - Fran	19:25 - 20:15 KETTLEBELLS Studio 2 - Derek	19:35 - 20:20 SH'BAM The Loft - Claire				
	19:50 - 20:50 VINYASA FLOW YOGA The Loft - Zennor	19:45 - 20:45 PILATES The Loft - Claire C	19:45 - 20:45 YIN YOGA Studio 2 - Alex				

- STRENGTH
- SPIN
- STRENGTH & CONDITIONING
- MIND & BODY
- ACTIVE
- POOL WORKOUT
- DANCE FITNESS

X = EXPRESS VERSION

Classes outlined in black are available to Live Stream from home with your All Inclusive membership.

BOOK YOUR CLASS

Bookings should be made in advance online.
Arrive 5 minutes before the class starts.



For safety and to avoid disruption, entry to a studio is not permitted once a class has begun.

To cancel a class use the app, call us 01726 862010 or email classcancellations@atlanticreach.co.uk
Please provide at least 4 hours notice for cancellations.