

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06.45		06:45 - 07:15 <b>SPIN:30</b> Spin Studio - Sam	07:00 - 07:45 <b>SPIN</b> Spin Studio - Julie		06:45 - 07:15 <b>T3 PUMP</b> The Loft - Sam		
	07:00 - 07:45 <b>HIIT - STRENGTH</b> The Loft - Jordan	07:00 - 07:45 <b>BODYPUMP X</b> The Loft - Claire	07:00 - 07:45 <b>HIIT</b> The Loft - Lilly	07:00 - 07:45 <b>STRENGTH &amp; CONDITIONING</b> The Loft - Jordan	07:00 - 07:45 <b>SPIN</b> Spin Studio - Julie	08:15 - 09:00 <b>SPIN</b> Spin Studio - Julie / Sam	
08:00		08:25 - 09:10 <b>BARBELL CLUB</b> Gym - Dani				08:00 - 09:00 <b>BODYCOMBAT</b> The Loft - Louise	
09:00	09:15 - 10:00 <b>SPIN</b> Spin Studio - Julie	9:15 - 10:15 <b>SPORTS &amp; FITNESS</b> Outside Claire & Jo	09:15 - 10:05 <b>KETTLEBELLS</b> Studio 2 - Derek	09:15 - 10:00 <b>BODYPUMP</b> The Loft - Jo	09:15 - 10:15 <b>LEGS, BUMS &amp; TUMS</b> The Loft - Jo	09:15 - 10:15 <b>BODYPUMP</b> The Loft - Louise	09:00 - 09:45 <b>HIIT CIRCUITS</b> Studio 2 - Tyler
	09:15 - 10:00 <b>AQUA AEROBICS</b> Pool - Fran	09:20 - 10:15 <b>AQUA AEROBICS</b> Pool - Dani	09:15 - 10:15 <b>AQUA AEROBICS</b> Pool - Fran			09:15 - 10:00 <b>RHYTHM RIDE</b> Spin Studio - Jodie	09:00 - 10:00 <b>BODYPUMP</b> The Loft - Becky
	09:15 - 10:00 <b>STRENGTH &amp; CONDITIONING</b> The Loft - Jo	09:30 - 10:15 <b>LEGS, BUMS &amp; TUMS</b> Studio 2 - Lilly	09:30 - 10:15 <b>BARBELL CLUB</b> Gym - Kim	09:30 - 10:30 <b>MUM &amp; BABY YOGA</b> Studio 2 - Katie			
			09:30 - 10:15 <b>SPIN</b> Spin Studio - Julie	09:30 - 10:30 <b>(S.B.D.) Squat.Bench.Deadlift</b> Gym - Tyler			
10:00					10:00 - 11:00 <b>CIRCUITS</b> Studio 2 - Claire	10:10 - 10:55 <b>BARBELL CLUB</b> Gym - Dani	10:15 - 11:00 <b>RPM</b> Spin Studio - Becky
	10:30 - 11:30 <b>VINYASA FLOW YOGA</b> The Loft - Katie	10:30 - 11:15 <b>FITBALL CORE WORKOUT</b> Studio 2 - Claire	10:30 - 11:30 <b>VINYASA FLOW YOGA</b> Studio 2 - Katie	10:30 - 11:30 <b>GENTLE YOGA &amp; PILATES</b> The Loft - Claire C	10:30 - 11:30 <b>VINYASA FLOW YOGA</b> The Loft - Kelly	10:30 - 11:30 <b>YOGA</b> Studio 2 - Zennor	10:15 - 11:15 <b>YOGA</b> The Loft - Monika
		10:45 - 11:45 <b>VINYASA FLOW YOGA</b> The Loft - Claire C	10:30 - 11:15 <b>STRENGTH &amp; CONDITIONING</b> The Loft - Kim			10:30 - 11:30 <b>PILATES</b> The Loft - Louise	
17:00	17:30 - 18:10 <b>MET CON / HIIT</b> Studio 2 - Jordan	17:30 - 18:15 <b>BODYPUMP X</b> The Loft - Clare M	17:30 - 18:00 <b>RPM : 30</b> Spin Studio - Becky	17:30 - 18:15 <b>AEROBICS</b> Studio 2 - Claire C	17:15 - 17:45 <b>ZUMBA STEP</b> The Loft - Liam		
		17:30 - 18:15 <b>SPIN</b> Spin Studio - Dave	17:30 - 18:15 <b>LEGS, BUMS &amp; TUMS</b> The Loft - Fran	17:30 - 18:15 <b>BODYCOMBAT X</b> The Loft - Becky	17:30 - 18:20 <b>KETTLEBELLS</b> Studio 2 - Derek		
	17:45 - 18:30 <b>BODYCOMBAT X</b> The Loft - Becky	17:30 - 18:15 <b>BOXFIT</b> Studio 2 - Julie		17:45 - 18:30 <b>SPIN</b> Spin Studio - Julie			
18:00	18:20 - 19:05 <b>PILATES</b> Studio 2 - Fran	18:25 - 19:10 <b>SPIN</b> Spin Studio - Julie	18:00 - 19:00 <b>SPORTS FITNESS</b> Outside Claire & Lilly	18:00 - 19:00 <b>T&amp;J HIIT SQUAD</b> Outside Jordan & Ty	18:00 - 18:45 <b>CLUBBERCISE</b> The Loft - Liam		
	18:30 - 19:30 <b>RUNNING CLUB</b> Outside Jordan	18:30 - 19:15 <b>BODYCOMBAT X</b> Studio 2 - Clare M	18:25 - 19:25 <b>BODYPUMP</b> The Loft - Sam	18:30 - 19:15 <b>BODYPUMP X</b> The Loft - Becky			
	18:40 - 19:40 <b>BODYPUMP</b> The Loft - Becky	18:30 - 19:30 <b>CORE VINYASA FLOW</b> The Loft - Boff	18:30 - 19:30 <b>PILATES</b> Studio 2 - Alex	18:30 - 19:30 <b>PILATES</b> Studio 2 - Claire C			
19:00	19:10 - 19:55 <b>ZUMBA</b> Studio 2 - Kelly	19:25 - 20:15 <b>KETTLEBELLS</b> Studio 2 - Derek	18:30 - 19:30 <b>AQUA AEROBICS +CIRCUITS</b> Pool - Fran				
	19:15 - 20:00 <b>AQUA AEROBICS</b> Pool - Fran	19:45 - 20:45 <b>PILATES</b> The Loft - Claire C	19:35 - 20:20 <b>SH'BAM</b> The Loft - Claire				
	19:50 - 20:50 <b>VINYASA FLOW YOGA</b> The Loft - Zennor		19:45 - 20:45 <b>YIN YOGA</b> 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.

Bookings should be made in advance online. Please 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](mailto:classcancellations@atlanticreach.co.uk) Please provide at least 4 hours notice for cancellations.



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