



STUDIO AND LIVESTREAM TIMETABLE 2026 #6



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:45		06:45 - 07:15 SPIN:30 Spin Studio - Sam			06:45 - 07:15 T3 PUMP The Loft - Sam		
07:00	07:00 - 07:45 HIIT - STRENGTH The Loft - Jordan	07:00 - 07:45 BODYPUMP X The Loft - Claire	07:00 - 07:45 SPIN Spin Studio - Julie	07:00 - 07:45 STRENGTH & CONDITIONING The Loft - Jordan	07:00 - 07:45 SPIN Spin Studio - Julie	08:00 - 09:00 BODYCOMBAT The Loft -Louise	
		07:00 - 07:45 HIIT Studio 2 - Lucy	07:00 - 07:45 BODYPUMP X The Loft - Lucy				
08:00		08:25 - 09:10 BARBELL CLUB Gym - Dani				08:15 - 09:00 SPIN Spin Studio - Julie	08:00 - 08:45 BODYBALANCE The Loft - Becky
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 X The Loft - Lucy	09:15 - 10:15 LEGS, BUMS & TUMS The Loft - Jo	09:15 - 10:15 BODYPUMP HEAVY The Loft - Louise	09:00 - 10:00 BODYPUMP The Loft - Becky
	09:15 - 10:15 AQUA AEROBICS Pool - Fran	09:20 - 10:15 AQUA AEROBICS Pool - Dani	09:15 - 10:15 AQUA AEROBICS Pool - Fran		9:15 - 10:15 Gentle Yogalates Studio 2 - Claire C		
	09:30 - 10:15 STRENGTH & CONDITIONING The Loft - Kim	09:30 - 10:15 LEGS, BUMS & TUMS Studio 2 - Lilly	09:30 - 10:15 BARBELL CLUB Gym - Kim	09:30 - 10:15 FITBALL CORE WORKOUT Studio 2 - Claire		09:30 - 10:15 BARBELL CLUB Gym - Dani	
			09:30 - 10:15 BODYBALANCE The Loft - Clare M	09:30 - 10:30 (S.B.D.) SQUAT.BENCH.DEADLIFT Gym - Tyler			
			09:30 - 10:15 SPIN Spin Studio - Julie				
10:00	10:30 - 11:15 BARBELL CLUB Gym - Kim		10:30 - 11:15 STRENGTH & CONDITIONING The Loft - Kim	10:30 - 11:30 GENTLE YOGA The Loft - Chloe	10:30 - 11:15 STRENGTH & CONDITIONING Studio 2 - Jo		10:00 - 11:00 HIIT CIRCUITS Studio 2 - Tyler
	10:30 - 11:30 VINYASA FLOW YOGA The Loft - Katie		10:30 - 11:30 VINYASA FLOW YOGA Studio 2 - Katie	10:30 - 11:30 CIRCUITS Studio 2 - Claire	10:30 - 11:30 VINYASA FLOW YOGA The Loft - Kelly	10:30 - 11:30 GENTLE YOGA Studio 2 - Zennor	10:15 - 11:00 RPM Spin Studio - Becky
	10:30 - 11:30 Pilates Studio 2 - Claire C	10:30 - 11:30 GENTLE YOGA Studio 2 - Chloe				10:30 - 11:30 PILATES The Loft - Louise	10:15 - 11:15 ASHTANGA INSPIRED YOGA The Loft - Monika
17:00	17:30 - 18:10 MET CON / HIIT Studio 2 - Jordan	17:30 - 18:15 BODYPUMP X The Loft - Clare M	17:30 - 18:15 LEGS, BUMS & TUMS The Loft - Fran		17:15 - 17:45 ZUMBA The Loft - Liam	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 Please provide at least 4 hours notice for cancellations. SCAN THE QR CODE TO BOOK YOUR CLASS	
	17:30 - 18:15 BODYCOMBAT X The Loft - Becky	17:30 - 18:15 SPIN Spin Studio - Dave	17:30 - 18:15 BODYATTACK X Studio 2 - Sam	17:30 - 18:15 BODYCOMBAT X The Loft - Becky	17:30 - 18:20 KETTLEBELLS Studio 2 - Derek		
		17:30 - 18:15 BOXFIT Studio 2 - Julie	17:45 - 18:30 RPM Spin Studio - Becky	17:45 - 18:30 SPIN Spin Studio - Julie			
18:00	18:30 - 19:30 BODYPUMP HEAVY The Loft - Becky	18:25 - 19:10 SPIN Spin Studio - Julie	18:30 - 19:30 BODYPUMP HEAVY The Loft - Sam	18:15 - 19:15 AQUA AEROBICS Pool - Fran*	18:00 - 18:45 CLUBBERCISE The Loft - Liam		
	18:30 - 19:30 PILATES Studio 2 - Claire C	18:30 - 19:15 BODYCOMBAT X Studio 2 - Clare M	18:30 - 19:30 PILATES Studio 2 - Alexandra	18:30 - 19:15 BODYPUMP X The Loft - Becky			
		18:30 - 19:15 POWER YOGA The Loft - Holly	18:30 - 19:30 AQUA AEROBICS +CIRCUITS Pool - Fran	18:30 - 19:30 VINYASA FLOW YOGA Studio 2 - Kelly			
19:00	19:00 - 19:45 AQUA AEROBICS Pool - Fran	19:25 - 20:15 KETTLEBELLS Studio 2 - Derek	19:35 - 20:20 SH'BAM The Loft - Claire	19:30 - 20:30 YOGALATES The Loft - Claire C			
	19:45 - 20:30 BODYBALANCE The Loft - Becky	19:45 - 20:45 GENTLE YOGALATES The Loft - Claire C	19:45 - 20:45 YIN YOGA Studio 2 - Alexandra				
	19:45 - 20:45 VINYASA FLOW YOGA Studio 2 - Katie						