STUDIO AND LIVESTREAM TIMETABLE 2026 #7

atlantic reach LEISURE CLUB

	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 **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	**10:45 - 11:45** **GENTLE YOGA** Studio 2 - Chloe M	**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		
	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						

STRENGTH
SPIN
STRENGTH & CONDITIONING
MIND & BODY
ACTIVE
POOL WORKOUT
DANCE FITNESS
X = EXPRESS VERSION

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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.

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