



LEISURE CLUB

STUDIO & LIVESTREAM TIMETABLE 2026 #9

TIME	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	LIVE 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		
			07:00 - 07:45 BODYPUMP X The Loft - Lucy				
08:00		08:25 - 09:10 BARBELL CLUB Gym - Dani				LIVE 08:00 - 09:00 BODYCOMBAT The Loft - Louise	08:00 - 08:45 BODYBALANCE The Loft - Becky
						08:15 - 09:00 SPIN Spin Studio - Julie	
09:00	09:15 - 10:00 SPIN Spin Studio - Julie	LIVE 09:15 - 10:15 BODYPUMP The Loft - Jo	09:15 - 10:05 KETTLEBELLS Studio 2 - Derek	LIVE 09:15 - 10:00 BODYPUMP X The Loft - Lucy	LIVE 09:15 - 10:15 LEGS, BUMS & TUMS The Loft - Jo	LIVE 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		09:15 - 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 STRENGTH & STAMINA Gym - Lilly	09:30 - 10:15 BARBELL CLUB Gym - Dani	
			09:30 - 10:15 SPIN Spin Studio - Julie	09:30 - 10:30 SQUAT.BENCH.DEADLIFT Gym - Tyler			
10:00	10:30 - 11:15 BARBELL CLUB Gym - Kim	LIVE 10:30 - 11:30 GENTLE YOGA Studio 2 - Chloe	10:30 - 11:15 STRENGTH & CONDITIONING The Loft - Kim	LIVE 10:30 - 11:30 GENTLE YOGA The Loft - Chloe	10:30 - 11:15 STRENGTH & CONDITIONING The Loft - Jo		10:00 - 11:00 HIIT CIRCUITS Studio 2 - Tyler
	LIVE 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 Studio 2 - Chloe	10:45 - 11:45 GENTLE YOGA Studio 2 - Chloe M	
	10:30 - 11:30 PILATES Studio 2 - Claire C					LIVE 10:30 - 11:30 PILATES The Loft - Louise	10:15 - 11:15 ASHTANGA INSPIRED YOGA The Loft - Monika
	EVENING CLASSES					KEY	
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 CIRCUITS Studio 2 - Lilly	17:30 - 18:15 LEGS, BUMS & TUMS Studio 2 - Lilly	17:15 - 17:45 ZUMBA The Loft - Liam		
	LIVE 17:45 - 18:30 BODYCOMBAT X The Loft - Sam	17:30 - 18:15 SPIN Spin Studio - Dave	17:30 - 18:00 BOOGIE BOUNCE The Loft - Lucy	LIVE 17:30 - 18:15 BODYCOMBAT X The Loft - Sam	17:30 - 18:20 KETTLEBELLS Studio 2 - Derek	STRENGTH	
		17:30 - 18:15 BOXFIT Studio 2 - Julie		17:45 - 18:30 SPIN Spin Studio - Julie		SPIN	
18:00	18:15 - 19:00 AQUA AEROBICS Pool - Fran	18:25 - 19:10 SPIN Spin Studio - Julie	18:30 - 19:30 BODYPUMP HEAVY The Loft - Becky	18:15 - 19:15 AQUA AEROBICS Pool - Fran	18:00 - 18:45 CLUBBERCISE The Loft - Liam	STRENGTH & CONDITIONING	
	18:40 - 19:35 BODYPUMP HEAVY The Loft - Sam	18:30 - 19:15 BODYCOMBAT X Studio 2 - Clare M	18:30 - 19:30 PILATES Studio 2 - Claire C	LIVE 18:30 - 19:15 BODYPUMP X The Loft - Becky		MIND & BODY	
	18:30 - 19:30 PILATES Studio 2 - Claire C	18:30 - 19:15 POWER YOGA The Loft - Holly	18:15 - 19:00 AQUA AEROBICS + CIRCUITS Pool - Fran	18:30 - 19:30 VINYASA FLOW YOGA Studio 2 - Katie		ACTIVE	
		18:45 - 19:30 GYM CLASS Gym - Jordan	18:45 - 19:30 GYM CLASS Gym - Jordan			POOL WORKOUT	
19:00	19:45 - 20:15 BOOGIE BOUNCE The Loft - Lucy	19:25 - 20:15 KETTLEBELLS Studio 2 - Derek	19:35 - 20:20 SH'BAM The Loft - Claire	LIVE 19:30 - 20:30 BODYBALANCE The Loft - Becky		DANCE FITNESS	
	19:45 - 20:45 VINYASA FLOW YOGA Studio 2 - Katie	19:45 - 20:45 GENTLE YOGALATES The Loft - Claire C	19:45 - 20:45 RELAXING YOGA Studio 2 - Claire C			X = EXPRESS VERSION	
						LIVE	LIVE STREAMED

Classes with a Live Stream Icon 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.



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