

YMCA GYM		CLASS TIMETABLE				Valid from w/c 19/01/2026	
Monday		Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00-07:30 **NEW** ROXBLAST Steve*		09:30-10:30 Cardio Pump Kay *NEW INSTRUCTOR*	07:00-07:30 **NEW** Tabata Kay*	07:00-07:30 SPRINT Julie+	07:00-07:30 SPRINT Julie+	09:15-10:15 Cyclefit 60 Flo+	09:30-10:30 BODYBALANCE Su
09:15-09:45 HIIT Strength Steve		11:00-12:00 Gentle Exercise Kay	09:15-10:00 **NEW** Pilates Lynsey	09:30-10:15 **NEW** ROXBLAST Sarah*	09:00- 09:30 Stretch Julie*	09:30-10:15 Weight It Up! Julie	Boxercise **NEW** 10:30-11:30 (starting 8/06/25) Ano
09:15-10:00 **NEW** Pilates Mark		12:30-13:00 Cyclefit 30 Sarah + *NEW INSTRUCTOR*	09:30-10:00 Express kettlebells Kay*	09:30-10:30 Sculpt & Tone Julie	09:30-10:30 Strong to the Core Eileen	10:30-11:00 SPRINT Julie +	Ballroom (limited availability) 14:00-15:00 Caroline
10:00-11:00 Healthy Hearts (referral only)		17:30-18:15 Total Body Workout Julie	10:00-11:00 Healthy Hearts (referral only)	11:00-12:00 Gentle Exercise Kay	10:45-12:15 Iyengar Yoga Liz	10:30-11:30 Legs, Bums & Tums Su	
11:00-12:00 Gentle Exercise Eileen		16:30-17:15 Pilates Rebecca	12:00-12:45 Zumba Gold Kay	12:30-13:15 Yogalates Kay	12:30-13:00 SPRINT Julie+	11:05 - 11:35 SPRINT Julie+	
12:00-13:00 Total Body Conditioniong Julie NEW ** INSTRUCTOR **		17:30-18:15 Pilates Rebecca	12:30-13:00 Cyclefit 30 Sarah +	12:00-12:30 Cyclefit 30 Sarah+	16:30-17:00 Cyclefit 30 Sarah*		
12:30-13:00 Cyclefit 30 Eileen+		18:30-19:15 Boxercise Ano **NEW INSTRUCTOR**	13:00-14:30 Kundalini Yoga & Breathwork Gill	16:30-17:00 **NEW** Foam Rolling (starting 5/05/25) Sarah	17:15-18:00 **NEW** Pilates Kay		
17:00-17:45 **NEW** ROXBLAST Sarah*		18:20-19:05 Cyclefit Julie+	16:00 16:45 **NEW** Absolute Beginners Weights Steve	17:30-18:00 HIITFIT	19:00-20:00 Dance ***NEW FORMAT*** Glen		
17:30-18:15 FITSTEPS Caroline			17:15-17:45 SPRINT Julie +	17:30-18:15 Cyclefit Julie+			
17:30-18:00 SPRINT *NEW TIME* Julie+			17:30-18:15 Kettlebells Steve *	18:00-18:45 Pilates Lynsey		New to Classes? 1. Bring a water bottle and towel 2. Arrive on time to ensure you warm up thoroughly 3. Ensure you remain the entire duration of the class Please Note: Some classes are in high demand and require pre-booking. Contact us for details.	
18:15-18:45 CYCLEFIT 30 *NEW TIME* Sarah +			18:00-18:45 Weight it up! Julie	18:15-19:00 BODYPUMP Bex			
18:15-19:00 Cardio Tone Zoe			18:00-19:00 Tai-Chi Rob	19:15-20:00 Clubbercise Donna			
19:00-20:00 BODYBALANCE Su			18:45-19:30 Legs, Bums & Tums Julie			Opening Hours - Tel: 0191 2575434 Mon - Fri: 6:30am - 9:00pm Sat - Sun: 8:00am - 4:00pm Bank Holidays: 9:00am - 4:00pm	
19:00-19:30 **NEW** Foam Rolling Sarah			19:15-20:15 Vinyasa Yoga Chelsea				
						* Class takes place in the Functional Room or Gym. + Cycling Classes in New Cycle Studio All other classes are in the Main Hall.	