

CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.30 - 7.20am SKULPT	6.30 - 7.00am SUPER CYCLE 30	6.30 - 7.20am X.KETTLEBELL	6.30 - 7.00am HIIT	6.30 - 7.20am BOXING	8.30 - 9.20am VINYASA YOGA	8.00 - 8.30am SUPER CYCLE 30
7.30 - 8.20am X.Kettlebell	6.50 - 7.20am STRENGTH & CONDITIONING	7.30 - 8.00am GYM CIRCUITS	7.30 - 8.20am YOGALATES	7.30 - 8.20am SKULPT	9.30 - 10.20am POWER CYCLE	8.40 - 9.30am SKULPT
8.30 - 9.20am POWER CYCLE	7.30 - 8.20am STUDIO CIRCUITS	9.00 - 9.30am SUPER CYCLE 30	8.30 - 9.00am GYM CIRCUITS	8.30 - 9.00pm SUPER CYCLE 30	9.30 - 10.20am SKULPT	9.30 - 10.20am POWER CYCLE
9.30 - 10.20am HATHA YOGA	8.30 - 9.00am SUPER CYCLE 30	9.30 - 10.20pm BOXING	9.30 - 10.20am PILATES	9.00 - 9.50am POWER YOGA	10.30 - 11.20am PILATES	10.30 - 11.00am GYM CIRCUITS
10.00 - 10.30am GYM CIRCUITS	9.30 - 10.20am LIIT	12.00 - 12.50pm LIIT	10.30 - 11.20am GLOW YOGA	10.00 - 10.50am GLOW YOGA	11.30 - 12.20am GYM CIRCUITS	10.30 - 11.20am PILATES
10.30 - 11.20am GLOW YOGA	10.30 - 11.20am HATHA YOGA	2.00 - 2.50pm PILATES	1.00 - 1.50pm MOBILITY	11.10 - 12.00pm RESTORATIVE YOGA	11.30 - 12.20pm MOBILITY	11.30 - 12.20pm FAMILY FITNESS
12.00 - 12.30pm MEDITATION	11.30 - 12.20pm RESTORATIVE YOGA	3.00 - 3.50pm HATHA YOGA	2.00 - 2.50pm RESTORATIVE YOGA	2.00 - 2.50pm YIN YOGA	12.30 - 1.20pm RESTORATIVE AND BREATHWORK	1.00 - 1.50pm HIIT
1.15 - 1.45pm SUPER CYCLE 30	1.00 - 1.30pm MEDITATION	★ 4.00 - 4.30pm KIDS YOGA	5.00 - 5.50pm POWER YOGA	4.00 - 4.50pm GLOW YOGA	2.30 - 3.20pm X KETTLEBELL	3.00 - 3.50pm YIN YOGA
2.00 - 2.50pm SLEEP YOGA	5.45 - 6.35pm SKULPT	5.30 - 6.00pm SUPER CYCLE 30	5.30 - 6.00pm GYM CIRCUITS	5.00 - 5.50pm YIN YOGA BY CANDLELIGHT		4.00 - 4.50pm RESTORATIVE YOGA
★ 4.00 - 4.30pm KIDS FITNESS	6.00 - 6.30pm GYM CIRCUITS	6.00 - 6.50pm SKULPT	6.00 - 6.50pm POWER CYCLE	5.00 - 5.30pm GYM CIRCUITS		
5.30 - 6.00pm SUPER CYCLE 30	6.30 - 7.20pm POWER CYCLE	7.00 - 7.50pm POWER YOGA	6.00 - 6.50pm YOGALATES	6.00 - 6.30pm BOXING		
6.10 - 7.00pm STUDIO CIRCUITS	6.45 - 7.35pm BOXING	8.00 - 8.50pm GLOW YOGA BY CANDLELIGHT	7.00 - 7.50pm YOGA MOBILITY			
7.10 - 8.00pm GLOW YOGA BY CANDLELIGHT	7.00 - 7.30pm GYM CIRCUITS					
	7.45 - 8.35pm YIN YOGA BY CANDLELIGHT					

OPEN CAVE

Members are welcome to use the cycle cave using their ICG app and without supervision on the following days and times:

Tuesdays
9.30am - 12pm

Wednesdays
9.30am - 12pm
6pm - 9pm

Thursdays
11am - 2pm

Fridays
10am - 1pm

Days & times subject to change.
No booking required.



members only classes

GYM & CENTRE OPENING TIMINGS:
MON-THU 6:30AM-9PM | FRI 6:30AM-7PM | SAT & SUN 7:30AM-5PM

★ FAMILY FRIENDLY CLASS... BRING KIDS AGES 8-13 YEARS FOR £5

CLASS CANCELLATION POLICY IN PLACE, PLEASE FAMILIARISE YOURSELF BEFORE BOOKING.

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