

| Times | Studio | 7.00 - 9.25 | 9.30 - 10.25 | 10.30 - 11.25 | 11.30 - 12.25 | 12.30 - 13.25 | 13.30 - 14.25 | 14.30 - 18.00 | 18.00 - 19.00 | 19.00 - 20.00 | 20.00 - 21.00 |
|-------|----------|---|--|---|--------------------------------------|--------------------------------------|---|--|--|---|--|
| MON | 1 | Chisel the Middle 9.00 - 9.25 | Circuits 9.40 - 10.25 | Step & Tone | Body Conditioning | Salsacise | | | Circuits 18.00 - 18.45 | Zumba | Zumba Step 20.00 - 20.45 |
| | 2 | | | Athletic Pilates | | Iyengar Yoga 13.00 - 14.30 | | | Hatha Yoga | | |
| | 3 & Pool | Spin 7.00 - 7.45 | Spin 9.30 - 10.15 Aqua Zumba 9.30 - 10.15 | | | Spin 12.30 - 13.15 | | | Spin 18.00 - 18.45 | Spin 19.00 - 19.45 | |
| TUES | 1 | | Body Attack | Body Pump | Body Jam | | Low Energy Aerobics 13.45 - 14.30 | Pilates 14.30 - 15.30 | Body Pump 18.00 - 18.55 | Body Combat 19.00 - 19.55 | |
| | 2 | Body Balance 8.30 - 9.25 | Body Core | | | | | | Dru Yoga 18.30 - 19.45 | | Body Balance 20.00 - 20.55 |
| | 3 & Pool | | Spin 9.30 - 10.15 | Aqua 11.00 - 11.45 | | | | Family Spin 16.30 - 17.00 | Spin 18.00 - 18.45 | | |
| WEDS | 1 | Metafit 9.00 - 9.30 | Body Pump | Zumba | Circuits 11.40 - 12.30 | | | | Step 18.15 - 19.00 | Circuits 19.15 - 20.00 | Street Strike 20.30 - 21.25 |
| | 2 | | Core Ball 9.30 - 10.15 | Body Balance | | | Dru Yoga 13.45 - 15.00 | Holistic Hotspot 15.05 - 16.00 | | | Pilates |
| | 3 & Pool | Spin 7.00 - 7.45 | Spin 9.30 - 10.15 | Low Energy Spin 10.30 - 11.00 | | Aqua Zumba 12.30 - 13.15 | | | Spin 18.00 - 18.45 | | |
| THUR | 1 | Metafit 9.00 - 9.30 | Boot Club (outside) 9.30 - 10.30 | Step | Body Pump | Body Jam | | | Body Attack 18.00 - 18.55 | Chisel the Middle 19.00 - 19.25 | |
| | 2 | Advanced Pilates 8.30 - 9.25 | Body Balance | | | | Body Balance | Iyengar Yoga 16.30 - 18.00 | Athletic Pilates 18.00 - 18.55 | | Holistic Hotspot 20.00 - 21.00 |
| | 3 & Pool | | Spin 9.30 - 10.15 Aqua 9.30 - 10.15 | | | Spin 12.30 - 13.15 | | | Spin 18.00 - 18.45 | | |
| FRI | 1 | Body Attack 8.40 - 9.25 | Body Attack | Body Pump | Prime Movers 11.40 - 12.25 | Zumba | | Zumba 17.30 - 18.25 | Metafit 18.30 - 19.00 | | |
| | 2 | | Nia | Dru Yoga 10.30 - 11.45 | | Pilates 12.30 - 13.30 | | | | Body Balance | |
| | 3 & Pool | Spin 7.00 - 7.45 | Spin 9.30 - 10.15 | | | | | | Spin 18.00 - 18.45 | | |
| SAT | 1 | | Body Attack | | Piloxing 11.30 - 12.25 | | | <p>*Members must book a 15 minute studio technique session for spin & body pump before attending their first class. This session can be booked in the Gym at a time suitable for you.</p> <p>Bookings can be made up to six days in advance of the class, in person or by telephone or online. Numbers are limited. Please make every effort to cancel your classes online or via the club reception.</p> <p>Book online at: www.thetytheringtonclub.com</p> <p>● Outdoor Class (weather permitting) - please wear appropriate attire to suit weather conditions</p> | | | |
| | 2 | | Pilates | Beach HIIT 10.30 - 11.15 | | Body Balance 13.00 - 13.55 | | | | | |
| | 3 | | Spin 9.30 - 10.15 | Spin 10.30 - 11.15 | | | | | | | |
| SUN | 1 | | Body Pump | Zumba | | | | | | | |
| | 2 | | | Body Balance | | | | | | | |
| | 3 | | Spin 9.30 - 10.15 | | | | | | | | |