

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9-9.45am Spinning Rachael	9.30-10.15am Fresh Air Circuit Fitness Team	9-9.45am Body Blast Fitness Team	9.30-10.15am Fresh Air Circuits Fitness Team	9.15-10am Freestyle Jules	8.30-9.15am Fresh Air Circuit (Beginners Welcome) Fitness Team	9.30-10.15am Spinning Muna
9.15-10am Dance Fit Vicky	9.30-10.15am Body Conditioning Jules	9.30-10.15am Spinning Jules	10.30-11am Beginners Spin Ellie	10.15-11am Spinning Gary	9-10am Boxing Fit Sarah	9.15-10.15am Yoga (Vinyasa, Hatha) Roxanne
10.30-11.30am Pilates Vicky	10.30-11am Beginners Spin Ellie	10-10.45am Pilates Vicky	11-12 noon Yoga (Vinyasa Flow) Emma	11.15-12.15pm Pilates Narelle	9.30-10.15am Tone 45 Avril	
12.30-1pm Lunchtime Circuits Fitness Team	11.15-12.15pm Yoga (Hatha, Vinyasa) Karen	11-11.45am Pilates Heena	12.30-1pm Lunchtime Circuits Fitness Team	12.30-1pm Lunchtime Circuits Fitness Team	10-10.45am Fresh Air Circuits Gary	
5.15-5.45pm Express Strength Fitness Team	12.30-1pm Lunchtime Circuits Fitness Team	12.30-1pm Lunchtime Circuits Fitness Team	5.45-6.15pm Express Strength Fitness Team	12.30-1.15pm Pilates Sarah		
6-6.45pm Spinning Joel	6.45-7.45pm Pilates Sarah	6-6.45pm Tone 45 Avril	6.30-7pm Express Spin Muna			
6.10-6.55pm Body Blast Carolina	7-7.45pm Spinning Avril	6-6.45pm Spinning Rachael	7-7.45pm Fresh Air Circuits Gary			
7-7.45pm Spinning Jules		7-8pm Zumba Carolina	7-8pm Yoga Oxanna			
7.15-8pm Indoor Circuits Max		7-8pm HiIT Fit Sarah	7-8pm Box & Tone Sarah			
7.15-8.15pm Yoga (Vinyasa, Pranayama) Fiona						

-  Fresh Gym
-  Fresh Sports Centre
-  Fresh Air - Laleham Park
-  Fresh Air - Fresh Gym Outdoor Area

How to Book:
Members - use FitSense App
PYG/Guests call 01932 225953



CLASS TIMETABLE

CLASS DESCRIPTIONS. All classes open to Fresh Gym Members and PYG Guests

Beginners Spin	Ease into the world of Spinning with a fun, low-pressure ride. In a darkened room with motivating music and sound-cancelling headphones, this class is designed to build your confidence and stamina, perfect for first-timers and those looking to start their fitness journey.
Body Conditioning	Sculpt and tone with rep-based weighted moves, just you and your pump bar! This dynamic class will help you build strength and endurance, bringing you closer to your fitness goals and that beach-ready body. Perfect for all levels.
Box and Tone	A high-intensity fitness workout that combines boxing-inspired movements like punches and jabs with bodyweight exercises designed to target and tone various muscle groups, providing a full-body workout that focuses on both cardio and muscle definition.
Box Circuits *NEW*	A high-energy class combining boxing and circuit training. This class provides an all-over body workout building strength, endurance and confidence.
Boxing Fit	Boxing Fit is a high-intensity cardio workout based on boxing techniques using gloves and pad work. Suitable for all levels, this non-contact workout will you improve your agility, strength and overall fitness.
Dance Fit	Dance yourself fit by mixing ballroom with up-tempo Latin in this exciting dance workout. Perfect for all abilities and fitness levels as you follow the lead of the dance teacher and let the music move you.
Express Strength	These 30 minute sessions are all about learning great technique, building strength and feeling confident to use weights. Your trainer will guide you through strengthening your whole body using barbells, dumbbells and more - helping you master proper technique and form.
Freestyle	Kick-start your weekend! This class mixes it up with boxing, kettlebells, Swiss balls, barbells and more to keep you on your toes. Expect a fresh challenge every week that's fun, dynamic and perfect for all fitness levels.
Fresh Air Circuits	Freshair Outdoor Training is all about moving, sweating, and having fun in the fresh air. Whether you're a total beginner or a fitness fanatic, our sessions are designed to be inclusive, high-energy, and packed with variety. Expect to boost your stamina, build strength, and feel amazing with all the benefits of training outside.
Indoor Circuits	Indoor circuit-based class. A mix of conditioning and resistance training with bodyweight exercises building strength and muscular endurance.
Lunch Time Circuits	Break free from your daily grind with this energising 30-minute full-body workout. Designed to refresh your mind and body, it's the perfect lunch break escape to boost your fitness and mood in no time!
Pilates	Transform your posture and realign your body with Pilates! This class helps you become leaner and more toned while achieving the perfect balance between strength and flexibility. Ideal for all levels looking to improve their core strength and body awareness.
Spinning	Immerse yourself in an adrenaline-pumping cycling session in a darkened room with high-energy music and sound-cancelling headphones. This is the ultimate ride for all fitness levels, designed to energise and challenge you, whether you're a beginner or a pro!
Tone 45	Love weights? This high-energy workout is perfect for anyone aiming to get lean, toned and fit! Using barbells and dumbbells, you'll challenge your muscles and boost your strength in just 45 minutes of focused, dynamic training.
Yoga with Fiona - Vinyasa Flow & Pranayama	This class combines Vinyasa flow with calming pranayama (breathing exercises) and finishes with a blissful meditation. Step in to quiet your mind and empower your body for the week ahead.
Yoga with Karen - Hatha & Vinyasa Flow	Start your day with this warm and welcoming class! This mixed-ability session blends Hatha and Vinyasa, focusing on mindful breathwork and meditation. Every class is a fresh experience, giving you a new rhythm to explore each time.
Yoga with Emma - Vinyasa Flow	Feel your strength build and your body lengthen in this invigorating Vinyasa flow! Perfect for connecting breath with movement, helping you find both power and relaxation through every pose.
Yoga with Oxana - Seasonal	Embrace the season with Oxana's energising evening flow! This unique class combines yoga postures, breathwork and seasonal wellness tips to help you feel balanced, grounded, and relaxed. It's the ultimate recharge for mind, body and soul!
Yoga with Roxy - Vinyasa & Hatha	Kick off your Sunday with this strength-boosting and flexibility-building mix of Hatha and Vinyasa! This class is technique-focused, guiding you to connect deeply with each pose. Walk away feeling both stronger and more relaxed, ready to take on the week.
Zumba	Join the party with this awesome dance workout set to great music! This popular class combines sizzling Latino dance steps with fun moves that anyone can enjoy. Get ready to dance your way to fitness while having a blast!