

Strength and Conditioning Timetable

2022

Monday

10:30am – Strength Class
6pm – 7pm – Ignite Conditioning

Tuesday

6pm – 7pm – Ignite Conditioning

Wednesday

10:30am – Strength Class
6pm – 7pm – Ignite Conditioning

Thursday

6pm – 7pm – Ignite Conditioning

Friday

10:30am – Strength Class
6pm – 7pm – Ignite Conditioning

Saturday

10am – Ignite Conditioning

All classes must be pre booked via our app

Gym Opening Hours

Mon – Fri – 6am – 9pm
Sat & Sun – 8am – 2pm

Membership Costs

Gym Only - £22 D/D (£27 Cash)
Pay As You Go - £4 Per Session

Classes

Off Peak - £27 D/D (£32 Cash)
Peak - £33 D/D (£38 Cash)
Pay As You Go - £5 Per Session

