PILATES
Pilates is a mind and body conditioning exercise programme that targets the deep postural muscles of the abdomen and spine to improve central core stability and posture.

YOGA
A breath-centred yoga class encouraging self-awareness and exploration through a range of postures, simple pranayama (breath work) and relaxation techniques with some relevant philosophy woven in to give a focus for our practice.
Suitable for all abilities.

MATURE MOVERS
Stay active with our Mature Movers exercise class. It improves strength, flexibility and helps you lose weight and stay healthy.

CIRCUITS
Circuit training is a form of endurance/resistance training using high-intensity aerobics. It targets strength building and endurance.
Open to non-members | £6.

JUNIOR CIRCUITS
This class is for juniors aged 8-16 years old, run by our personal trainers. It helps improve fitness, strengthen muscles and tone up! This is a great fun class for junior members of all fitness abilities.
Open to non-members | £4.

LEGS, BUMS & TUMS
Tone up and feel great, every Wednesday with Jayne. Our LBT class is packed full of moves that will target and strengthen our thighs, glutes and abdomen! This workout is low impact and suitable for all abilities.

STEP
A fun and challenging class designed to target your legs, bum and tum. Step is a great way to burn fat, shape, tone, and build muscle.

ULTIMATE SPIN
Looking to challenge yourself to see how fit you are? Then why not try this class! A dynamic, motivating group cycling class to improve the health of the heart and lungs.

AQUA FIT
A gentle, fun and effective water based class suitable for all levels of fitness and especially good for joint problems. Also suitable for pre and post-natal exercise.

SWIM FIT
Get results and achieve your goal, whether it is to lose weight, tone up, improve technique, or just to become fitter and stronger. Get active today with Swim Fit!
Must be able to swim 100m without stopping.

SWIM SMART
Coached by British Masters Champion Nikki Harris, this session caters for beginners to competitive swimmers and concentrates on swimming fitness, drills & stroke development. **Must be able to swim 100m freestyle.**

PIYO
PiYo is a low impact class that uses dynamic and continuous flowing sequences to stretch and strengthen your muscles, as well as working up a sweat!

BODY CONDITIONING
Combines lower and upper body exercises with the use of free weights and body weight resistance exercises. Get great results from this high calorie burning class.

CLIP & CLIMB
An indoor climing session. One hour of auto belay climbing with a qualified instructor. For adults **and children over 5 years. Open to non-members. Fees apply.**

ZUMBA®
Join the party! Zumba fuses hypnotic Latin rhythms and easy to follow moves. This 45 minute body energizing class is great for fat burning and working those core muscles.

HIIT
A high intensity cardiovascular workout where you can achieve incredible results in just 45 minutes! This class combines shorter, high intensity bouts of exercise with regular rest intervals - maximising intensity.

LesMILLS

FOR A FITTER PLANET

BODY PUMP - GET LEAN, TONE MUSCLES, GET FIT
BODYPUMP™ is THE ORIGINAL BARBELL CLASS™, the ideal workout for anyone looking to get lean, toned and fit – fast. BODYPUMP gives you a total body workout. It will burn up to 540 calories! Instructors will coach you through the scientifically-backed moves and techniques pumping out encouragement, motivation and great music. You'll leave the class feeling challenged and motivated, ready to come back for more.

GRIT - THE BEST HIIT WORKOUT ON THE PLANET
Get ready to add HIIT workouts to your life with three unique Les Mills Grit™ workouts and take your fitness to the next level. You'll be addicted to the results. These HIIT workouts build cardiovascular fitness while improving strength, building lean muscle and maximizing calorie burn.

RPM - YOUR ROAD TO FITNESS
RPM™ is a group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn up to 675 calories a session with great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding.

SPRINT - SPEED UP RESULTS
A 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits. A high intensity, low impact workout, it is scientifically proven to return rapid results.

BODY COMBAT - UNLEASH YOUR INNER WARRIOR
Step into a BODYCOMBAT™ workout and you'll punch and kick your way to fitness, burning up to 740 calories along the way. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master.
A Les Mills instructor will challenge you to up the intensity and motivate you to make the most of every round. You'll release stress, have a blast and feel like a champ.

ST MARY'S CALNE SPORTS CLUB

GROUP FITNESS TIMETABLE

Valid from

9 November 2026

GROUP FITNESS TIMETABLE

MONDAY

- 6.45 - 7.30 **RPM™** Aleta
- 8.00 - 9.00 **YOGA** Ami
- 9.30 - 10.15 **BODY CONDITIONING** Jackie
- 10.30 - 11.15 **MATURE MOVERS** Jackie (Sports Hall)
- 11.30 - 12.15 **PIYO** Aleta
- 17.00 - 18.15 **YOGA** Ami
- 17.15 - 18.00 **HIIT** Fitness Team (Sports Hall)
- 18.30 - 19.00 **SPRINT™** Helen
- 19.15 - 20.00 **ZUMBA™** Lorra
- 19.30 - 20.30 **SWIM FIT** Nikki

TUESDAY

- 6.45 - 7.15 **GRIT™** Lorra
- 9.30 - 10.15 **RPM™** Sabina
- 10.30 - 11.30 **PILATES** Gabrielle
- 11.00 - 12.00 **PILATES** Vince (Sports Hall)
- 12.05 - 13.05 **PILATES** Vince
- 17.00 - 18.15 **YOGA** Ami
- 18.30 - 19.15 **AQUA FIT** Tanya/Caleb
- 18.30 - 19.15 **BODY PUMP™** Helen
- 19.30 - 20.30 **PILATES** Vince
- 20.30 - 21.30 **PILATES** Vince

WEDNESDAY

- 6.45 - 7.30 **BODY PUMP™** Sabina
- 8.00 - 9.00 **PILATES** Gabrielle
- 9.30 - 10.15 **LEGS, BUMS & TUMS** Jayne
- 10.30 - 11.30 **MATURE MOVERS** Valerie
- 17.15 - 18.00 **LEGS, BUMS & TUMS** Valerie
- 18.15 - 19.00 **ZUMBA™** Lorra
- 19.15 - 20.00 **RPM™** Aleta
- 20.15 - 20.45 **SPRINT™** Aleta

WARNING:
Strobe lighting may be used in our fitness classes.

Please inform the instructor if you have any medical conditions that we should be aware of.
Thank you.

THURSDAY

- 6.45 - 7.15 **GRIT™** Lorra
- 8.00 - 8.45 **PIYO** Aleta
- 9.00 - 9.45 **PIYO** Aleta
- 9.00 - 9.45 **AQUA FIT** Tanya/Caleb
- 10.00 - 10.45 **MATURE MOVERS** Valerie
- 11.00 - 11.45 **FITSTEPS** Anna
- 17.30 - 18.15 **BODY COMBAT™** Charley
- 17.45 - 18.30 **CIRCUITS** (Sports Hall) Fitness Team
- 18.30 - 19.20 **ULTIMATE SPIN** Jan
- 18.45 - 19.30 **ZUMBA™** Sandra (Sports Hall)
- 19.30 - 20.30 **SWIM FIT** Nikki
- 19.35 - 20.30 **BODY PUMP™** Lorra

FRIDAY

- 9.15 - 10.00 **BODY COMBAT™** Sabina
- 10.15 - 10.45 **SPRINT™** Sabina
- 11.00 - 11.45 **BODY CONDITIONING** Sabina
- 17.00 - 18.00 **CLIP & CLIMB** Fitness Team
- 17.30 - 18.30 **STEP** Valerie
- 18.45 - 20.15 **YOGA** Ami

SATURDAY

- 8.00 - 8.45 **RPM™** Aleta
- 9.00 - 9.45 **ZUMBA™** Lorra
- 10.00 - 10.45 **JUNIOR CIRCUITS** Fitness Team

SUNDAY

- 8.00 - 8.45 **BODY PUMP™** Helen

Studio, Fitness and Activity Bookings
By phone - 01249 857335
On our app - Search Technogym - fitness & workout
Online - Member Log In
Class cancellations should be made at least **2 hours** in advance of the class start time otherwise a non attendance fee of £4 will be charged. Maximum class occupancies apply.
We hope you enjoy your class.

Strength & Condition	**Water Based Activity**	**Cardio/ Aerobic**	**Mind & Body**
HiiT	**Dance/ Aerobic**	**Cycling**	**Low Impact**

This timetable is correct at time of print. Classes and times are subject to change at any time. Please check at Reception for the latest version.