CLASS TIMETABLE

MONDAY

- 6.30 - 7.20am **SKULPT**
- 7.30 - 8.20am **GET LIT**
- 8.30 - 9.20am **PsychoRIDE**
- 9.30 - 10.20am **HATHA YOGA**
- 10.00 - 10.30am **GYM CIRCUITS**
- 10.30 - 11.00pm **Supercycle30**
- 12.00 - 12.50pm **GLOW**
- 5.30 - 6.00pm **Supercycle30**
- 6.00 - 6.50pm **STRENGTH & CONDITIONING**
- 7.00 - 7.50pm **GLOW**
- 7.30 - 8.00pm **GYM CIRCUITS**

TUESDAY

- 6.30 - 7.00am **STRENGTH & CONDITIONING**
- 7.30 - 8.00am **MADE MOT**
- 8.30 - 9.00am **Supercycle30**
- 9.30 - 10.20am **GET LIT**
- 10.30 - 11.20am **HATHA YOGA**
- 11.30 - 12.20pm **RESTORATIVE YOGA**
- 5.45 - 6.35pm **SKULPT**
- 6.00 - 6.45pm **GYM CIRCUITS**
- 6.45 - 7.35pm **BOXCAMP**
- 6.45 - 7.15pm **GYM CIRCUITS**
- 6.45 - 7.35pm **PsychoRIDE**
- 7.45 - 8.35pm **YIN YOGA**

WEDNESDAY

- 6.30 - 7.20am **X.KETTLEBELL**
- 9.30 - 10.20am **BOXCAMP**
- 2.00 - 2.50pm **HATHA YOGA**
- 3.00 - 3.50pm **PILATES+**
- 5.30 - 6.00pm **Supercycle30**
- 6.00 - 6.50pm **SKULPT**
- 7.00 - 7.50pm **X.YOGA**
- 8.00 - 8.50pm **GLOW**

THURSDAY

- 6.30 - 7.00am **Supercycle30**
- 7.30 - 8.20am **YOGALATES**
- 9.30 - 10.20am **DANCE FIT**
- 10.30 - 11.00am **GYM CIRCUITS**
- 10.30 - 11.20am **GLOW**
- 2.00 - 2.30pm **MADE MOT**
- 3.00 - 3.50pm **GLOW**
- 5.00 - 5.50pm **BOOTCAMP**
- 6.00 - 6.50pm **X.YOGA**
- 6.00 - 6.50pm **PsychoRIDE**
- 7.00 - 7.30pm **GYM CIRCUITS**
- 7.00 - 7.50pm **YOGALATES**

FRIDAY

- 6.30 - 7.20am **GET LIT**
- 7.30 - 8.20am **SKULPT**
- 8.30 - 9.00pm **Supercycle30**
- 9.00 - 9.50am **X.YOGA**
- 10.00 - 10.50am **GLOW**
- 12.30 - 1.20pm **RESTORATIVE YOGA**
- 4.00 - 4.50pm **GLOW**
- 5.00 - 5.50pm **YIN & NIDRA**

SATURDAY

- 8.30 - 9.20am **VINYASA FLOW**
- 9.30 - 10.20am **BOOTCAMP**
- 9.30 - 10.20am **PsychoRIDE**
- 10.30 - 11.20am **PILATES+**
- 11.30 - 12.00pm **GYM CIRCUITS**
- 12.30 - 1.20pm **DANCE FIT**
- 1.30 - 2.00pm **MADE MOT**
- 2.30 - 3.20pm **X KETTLEBELL**

SUNDAY

- 8:30 - 9:20am **PSYCHOSKULPT**
- 9.30 - 10.20am **PsychoRIDE**
- 9.30 - 10.20pm **STRENGTH & CONDITIONING**
- 10.30 - 11.20am **PILATES+**
- 3.00 - 3.50pm **YIN YOGA**
- 4.00 - 4.50pm **RESTORATIVE**

OPEN CAVE

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

Tuesdays
10am - 1pm

Wednesdays
8am - 11am
6pm - 9pm

Thursdays
11am - 2pm

Fridays
10am - 1pm

Days & times subject to change.
No booking required.

members only classes

candlelit class

PAYG CLASSES £8.50 EACH

SAVE 20% WITH A BUNDLE OF 10 CLASSES FOR £70 (3 MONTH EXPIRY)

MONDAY KIDS FITNESS £5.00

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

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

HELLO@WELCOMETOMADE | WWW.WELCOMETOMADE.COM | 01782 969300