

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
MORNING	07:00		07:00 - 07:45 SPIN Spin Studio Iona	07:00 - 07:45 SPIN Spin Studio Julie	07:00 - 07:45 SPIN Spin Studio Jodie	07:00 - 07:45 SPIN Spin Studio Tim		
		07:00 - 07:45 MET CON The Loft Tim	07:00 - 07:45 HIIT & CORE The Loft Claire	07:00 - 07:45 BODYPUMP X The Loft Kelly F	07:00 - 07:45 MET CON / HIIT The Loft Dani	07:00 - 07:45 BODYPUMP X The Loft Claire		
	08:00					08:00 - 09:00 BODYCOMBAT The Loft Louise	08:00 - 08:45 HIIT & CORE The Loft	
	09:00	09:15 - 10:00 SPIN Spin Studio Julie	09:15 - 10:15 BODYPUMP The Loft Jo	09:15 - 10:15 KETTLCISE Studio 2 Derek	09:15 - 10:15 BODYPUMP The Loft Jo	09:15 - 10:15 LEGS, BUMS & TUMS The Loft Jo	09:15 - 10:15 BODYPUMP The Loft Louise	
			09:15 - 10:15 AQUA AEROBICS Pool Fran	09:15 - 10:15 AQUA AEROBICS Pool Fran			09:15 - 10:00 SPIN Spin Studio Iona	09:00 - 10:00 BODYPUMP The Loft Becky
		09:30 - 10:15 BODYSTEP The Loft Jo	09:30 - 10:15 AEROBICS Studio 1 Andrea		09:30 - 10:15 SPIN Spin Studio Dave			
	10:00	10:15 - 11:15 AQUA AEROBICS Pool Dani	10:30 - 11:15 FITBALL Studio 2 Claire			10:30 - 11:30 CIRCUITS Studio 1 Claire	10:30 - 11:30 PILATES The Loft Louise	10:15 - 11:15 YOGA The Loft Monika
		10:30 - 11:30 VINYASA FLOW YOGA The Loft Jen A	10:30 - 11:30 PILATES The Loft Fran	10:30 - 11:30 VINYASA FLOW YOGA The Loft Katie	10:30 - 11:30 YOGALATES The Loft Andrea	10:30 - 11:30 VINYASA FLOW YOGA The Loft Kelly B		
	11:00	11:00 - 12:00 PREGNANCY YOGA Studio 1 Traci B						
				13:00 13:45 SPIN Spin Studio Iona				
EVENING	17:00		17:30 - 18:15 AEROBICS Studio 1 Tim	17:15 - 18:00 MET CON The Loft Dave	17:30 - 18:15 STEP Studio 1 Andrea	17:30 - 18:15 KETTLCISE Studio 2 Derek		
		17:45 - 18:30 MET CON / HIIT The Loft Claire	17:30 - 18:30 BODYPUMP The Loft Clare M	17:30 - 18:15 SPIN Spin Studio Jo	17:30 - 18:30 POWER YOGA The Loft Kelly F			
		17:45 - 18:30 SPIN Spin Studio Andy	17:45 - 18:30 SPIN Spin Studio Dave		17:45 - 18:30 SPIN Spin Studio Julie			
		17:45 - 18:30 BODYCOMBAT X Studio 1 Becky	17:45 - 18:30 BOXFIT Studio 2 Julie					
	18:00		18:30 - 19:30 GENTLE YOGA Studio 1 Andrea	18:15 - 19:00 BODYSTEP Studio 1 Dave	18:15 - 19:15 AQUA AEROBICS Pool Fran	18:00 - 19:00 CLUBBERCISE Studio 1 Sonya		
		18:45 - 19:45 BODYPUMP Studio 1 Becky	18:45 - 19:30 BODYCOMBAT X The Loft Clare M	18:15 - 19:15 BODYPUMP The Loft Claire	18:30 - 19:30 PILATES Studio 1 Andrea	18:15 - 19:00 SPIN Spin Studio Andy		
		18:45 - 19:45 ZUMBA The Loft Kelly B	18:45 - 19:30 SPIN Spin Studio Julie	18:30 - 19:15 LEGS, BUMS & TUMS Studio 2 Jo	18:30 - 19:30 BODYCOMBAT Studio 2 Becky			
					18:45 - 19:30 SPIN Spin Studio Iona			
					18:45 - 19:45 YIN YOGA The Loft Kelly F			
	19:00	19:00 - 20:00 AQUA AEROBICS Pool Fran	19:00 - 19:45 KETTLCISE Studio 2 Derek	19:00 - 20:00 AQUA CIRCUITS Pool Fran				
			19:30 - 20:15 SH'BAM Studio 1 Claire					
20:00	20:00 - 21:00 VINYASA FLOW YOGA The Loft Jen H							

**LES MILLS VIRTUAL**  
Available in Studio 1 whenever a live class is not on. Please ask one of the team if you'd like some help.

L = THE LOFT  
S1 = STUDIO 1  
S2 = STUDIO 2  
SS = SPIN STUDIO  
P = POOL  
X = EXPRESS VERSION

SPIN
CONDITIONING
STRENGTH
MIND & BODY
ACTIVE
POOL WORKOUT

Booking in advance for classes is recommended. Please arrive 5-10 mins before classes, but no sooner.

**BOOK YOUR CLASS**  
To book your class please go to <http://atlantic.clubm.mobi/> or scan me

**BOOK YOUR CLASS**  
Cancel via our app, call us on Tel: 01726 862010 or email [classcancellations@atlanticreach.co.uk](mailto:classcancellations@atlanticreach.co.uk). Please give at least 4 hours notice should you need to cancel a booking.

**SCAN ME**

All classes are included in the All Inclusive Membership  
£8 Pay As You Go  
£4.50 Live Stream

All bookings online at <https://www.atlanticreach.co.uk/cornwall-leisure-club/exercise-fitness-classes/>

Please arrive 5 minutes before your class start time. For your own safety and for the smooth running of classes you will not be allowed in to a studio once a class has started. Please remember to cancel with at least 4 hours notice if you cannot make any session

Classes outlined in **BLACK** are available to Live Stream from home. Included with an All Inclusive membership.