SnowDome Fitness

Fitness Class Timetable
Commencing Monday 19th October 2026

MONDAY

06.15 - 06.45	HIIT Training (PF ZONE)	Paul
09.30 - 10.30	Pilates	Jane
10.00 - 10.45	Circuit Training (PF ZONE)	Paul
10.35 - 11.20	Dance Fusion	Chloe
11.30 - 12.15	Legs, Bums & Tums	Chloe
12.00 - 12.45	Boxing Training (PF ZONE)	Paul
12.20 - 13.05	Dance Fit	Chloe
12.30 - 13.15	Aqua Aerobics*	Louise
17.30 - 18.15	Pilates 45	Louise
18.15 - 19.00	Bootcamp (PF ZONE)	Jack
18.20 - 19.05	Zumba Express	Kasia
18.30 - 19.15	Aqua Aerobics	Louise
19.05 - 19.50	Group Cycle 45 (GROUP CYCLE ZONE)	Karen M
20.00 - 21.00	Bodypump	Karen M

TUESDAY

06.45 - 07.15	True GRIT	Hannah
09.30 - 10.15	Low Impact Aerobics	Jane
10.30 - 11.15	Hirox (PF ZONE)	Fitness Team
10.30 - 11.30	Bodypump	Hannah
11.35 - 12.20	Group Cycle 45 (GROUP CYCLE ZONE)	Louise
12.30 - 13.30	Pilates	Louise
13.00 - 13.45	Girls That Lift (GYM FLOOR)	Kerri
17.20 - 18.05	Bodypump Express	Karen M
18.00 - 18.30	Kettlebell Training (PF ZONE)	Fitness Team
18.15 - 19.00	Legs, Bums & Tums	Glen
19.10 - 19.55	Zumba Express	Becky
19.30 - 20.25	Climb Fitness**	SnowDome Team
19.55 - 20.25	Group Cycle 30 (GROUP CYCLE ZONE)	Malachi
20.05 - 21.00	Circl Mobility	Kasia

WEDNESDAY

06.15 - 06.45	Group Cycle 30 (GROUP CYCLE ZONE)	Mark
09.00 - 09.45	Low Impact Aerobics	Kelle
09.50 - 10.20	Group Cycle 30 (GROUP CYCLE ZONE)	Louise
10.00 - 10.45	Combat	Sarah
10.30 - 11.00	Core (PF ZONE)	Fitness Team
11.00 - 11.45	Clubbercise	Sarah
12.15 - 13.15	Yoga	Clare
13.00 - 13.45	Girls That Lift (GYM FLOOR)	Fitness Team
17.30 - 18.00	Group Cycle 30 (GROUP CYCLE ZONE)	Karen M
18.00 - 18.45	Boxing Training (PF ZONE)	Fitness Team
18.05 - 18.50	Bodypump Express	Karen M
19.00 - 19.45	Hirox (PF ZONE)	Fitness Team
19.00 - 19.45	Power Aerobics NEW	Catherine
19.15 - 20.00	Aqua Zumba	Kasia
20.15 - 21.00	STRONG Nation	Kasia

THURSDAY

06.15 - 07.00	Boxing Training (PF ZONE)	Paul
08.45 - 09.30	Low Impact Aerobics	Kelle
09.30 - 10.15	Aqua Aerobics***	Louise
09.35 - 10.20	Low Impact Aerobics	Kelle
09.45 - 10.15	Suspension & Strength Training	Paul
10.30 - 11.15	Aqua Aerobics*	Louise
10.30 - 11.30	Bodypump	Hannah
11.40 - 12.25	Barre	Hannah
13.00 - 13.30	Kettlebell Training (PF ZONE)	Fitness Team
17.30 - 18.30	Bodypump	Sarah
18.00 - 18.30	Core (PF ZONE)	Fitness Team
18.40 - 19.25	Combat	Sarah
19.00 - 19.45	Girls That Lift (GYM FLOOR)	Fitness Team
19.25 - 20.10	Group Cycle 45 (GROUP CYCLE ZONE)	Kev
20.30 - 21.30	Yogalates	Michael

FRIDAY

06.15 - 07.00	Girls That Lift (GYM FLOOR)	Sarah
06.45 - 07.15	True GRIT	Hannah
09.30 - 10.30	Bodypump	Hannah
09.45 - 10.30	Hirox (PF ZONE)	Fitness Team
10.40 - 11.25	Zumba Express	Hannah
12.15 - 13.15	Yoga	Clare
13.00 - 13.45	Girls That Lift (PF ZONE)	Fitness Team
18.00 - 18.45	Bootcamp For All (PF ZONE)	Fitness Team
19.00 - 19.45	Freestyle Step (STUDIO)	Malachi

SATURDAY

09.00 - 09.45	Group Cycle 45 (GROUP CYCLE ZONE)	Glen
10.00 - 10.45	Circuit Training (PF ZONE)	Fitness Team
10.00 - 11.00	Bodypump	Glen
11.15 - 12.00	Clubbercise	Sarah
13.00 - 13.45	Hirox (PF ZONE)	Fitness Team

SUNDAY

08.30 - 09.15	Group Cycle 45 (GROUP CYCLE ZONE)	Malachi
09.30 - 10.15	Freestyle Step	Malachi
10.00 - 10.45	Bootcamp For All (PF ZONE)	Fitness Team
10.30 - 11.15	Zumba Express	Miruna
12.15 - 13.15	Pilates	Chloe
13.00 - 13.45	Girls That Lift (GYM FLOOR)	Fitness Team

- Cardio
- Strength/Toning
- Total Body Workout
- Holistic

All classes take place in the studio unless otherwise stated. Please note that no studio or pool classes will run on Bank Holidays. Members may pre-book fitness classes up to 7 days in advance. See over for class descriptions. Timetable may be subject to change. Fitness Classes are FREE to SnowDome Fitness Members (subject to membership subscription access times). *This class will take place at 8.30am when the school holiday timetable is in effect. **Exclusively for SnowDome Fitness members on any subscription type during term time and must be pre-booked. *** This class takes place during term time only.

Fitness Class Description Guide

AQUA AEROBICS
A low impact cardio and toning workout designed to increase the heart rate while having fun in the water.

BARRE
This popular new class is a combination of exercises inspired by ballet and other disciplines like yoga and Pilates. Involving exercises that focus on isometric strength training, Barre routines combine high reps and low-impact movements to help you strengthen and sculpt your muscles.

BODYPUMP/BODYPUMP EXPRESS
Uses changeable barbell weights to challenge and strengthen all the major muscle groups. Great for toning and/or losing inches and improving your body shape.

BOOT CAMP/BOOT CAMP FOR ALL
Your fitness levels will be put to the test in this challenging circuit based workout designed to burn fat and improve muscular tone. Junior fitness members are welcome to join the Bootcamp for all class.

BOXING TRAINING
Learn basic boxing punches and footwork as part of this fun fast paced workout. Please bring your own gloves.

CIRCL MOBILITY
Based on the science of functional movement, this class focuses on flexibility, breathwork and mobility exercises. If you like Pilates, give this a try!

CIRCUIT TRAINING
This is a high intensity circuit based workout that will burn fat, build muscle and improve your overall fitness.

CLUBBERCISE
This involves fun, easy-to-follow dance fitness routines, using glow sticks to club anthems from 90's classics, to the latest chart hits, complete with disco lights. You will need to purchase reusable glow sticks for £6 from the instructor in order to do this class.

COMBAT
The ultimate warrior workout where you will learn to punch, kick, block and strike. It targets every muscle group, develops co-ordination and releases stress while destroying calories.

CORE
This class is not only designed to tighten and tone your abdominals but also target the central muscles of the body, improving posture, balance and athletic performance.

DANCE FUSION
This fun and energetic fitness class with a fusion of salsa, rhumba and commercial dance styles is guaranteed to give you a great total body workout that will leave you smiling.

DANCE FIT
Specially choreographed, this class includes several different dance styles including Salsa and Line Dancing. Ideal for all ages and abilities.

FREESTYLE STEP
Step is a fun and uplifting full body workout that delivers results. The "step" is a 4-inch to 12-inch raised platform. This class is designed to boost your cardio fitness, tone and shape your legs and glutes and improve your co-ordination and agility.

GIRLS THAT LIFT
Exclusively for women, this class focuses on strong being the new sexy. So channel your girl power, improve muscle tone and burn calories.

GROUP CYCLE
Group Cycle Connect is the only indoor cycling spin class that tracks workouts, enabling users to improve their performance through a totally immersive riding experience. This involves seated pedalling, sprinting and standing on a stationary indoor bike.

HIIT TRAINING
Consisting of bouts of high intensity exercises followed by short recovery periods, High Intensity Interval Training (or HIIT) is the best way to lose fat without losing muscle mass. The post exercise benefits are also massive.

HIROX
Based on the increasingly popular global fitness race, this endurance focused class incorporates functional strength and high intensity interval training (HIIT). Designed for every body this class will help you take your training to a new level.

KETTLEBELL TRAINING
This type of training is effective in obliterating body fat, producing toned, firm physiques while at the same time boosting stamina, strength and power.

LEGS, BUMS & TUMS
This is a fun way to get a leaner, firmer body by targeting the leg, bum and abdominal area.

LOW IMPACT AEROBICS
A lower impact version of aerobics aimed at beginners, active mature people or those recovering from an injury or illness.

METAFIT
Combines traditional bodyweight exercises with the latest Tabata/HIIT techniques to set your metabolism on fire!

PILATES
Uses controlled movements to strengthen the core muscles and improve flexibility, posture, body awareness, balance, strength and stamina.

POWER AEROBICS NEW
This explosive, full-body fitness class fuses aerobics with high-intensity interval training (HIIT) and targeted muscle sculpting. Driven by an upbeat, fast-paced soundtrack, this will torch calories, skyrocket your cardiovascular endurance, and tone your entire body from head to toe.

SUSPENSION & STRENGTH TRAINING
This class involves a combination of high intensity body weight exercises and resistance training to enhance strength, muscle tone and core stability while burning fat in a fun and engaging environment.

STRONG NATION®
This energetic workout combines bodyweight, muscle conditioning, cardio and plyometric training synced to original music that has been specifically designed to match every single move. You'll burn calories while toning your arms, legs, abs and glutes.

True GRIT
This brand of High Intensity Interval Training involves 3 different classes, cardio, plyometric and strength workout with changes on a weekly basis to get great results.

ZUMBA/ZUMBA EXPRESS
This fuses hypnotic Latin rhythms and easy to follow dance moves to create a unique class.