

Functional Fitness

This high-intensity class combines cardio, strength and agility exercises designed to sculpt a lean, powerful physique while boosting your overall fitness and performance. Whether you're looking to build endurance, improve coordination, or challenge your limits, Functional Fitness is the perfect way to elevate your training and achieve your goals.

SpinTensity

Experience the invigorating atmosphere of a high-energy spin class, which we like to call SpinTensity. Fueled by upbeat music and a variety of tempos and rhythms, get involved in our tremendous member-based group activity for a cardio workout like no other!

Pump

Get pumped with our exceptional Pump exercise class, designed to work your muscles and burn calories simultaneously. Strengthen your chest, back, shoulders, arms, and core through a range of meticulously planned weighted exercises. It's hard work, but the results are worth it!

Abs Blast

Prepare yourself for an Abs Blast workout like no other! Tone your core and sculpt your abs with our relentless 15-minute exercise routines. These workouts will leave you feeling the burn, shedding stubborn belly fat, and seeing results in no time.

X Fit

X Fit is a challenging workout focusing on cardiovascular endurance, muscular endurance as well as maintaining a high working heart rate. Incorporate this style of training into your fitness routine and you won't regret it! With a strong focus on progression, the key to success in this class is consistency and to keep coming back for more!

Leg Attack

Join our Leg Attack class to target and strengthen your major lower body muscles, including your quads, glutes, and hamstrings. With our dynamic routines, unlock the secrets to strong, toned legs full of lean muscle. Get ready to work hard and feel the burn!

Core & Stretch

Discover our effective core-strengthening exercises and stretching poses designed to improve overall flexibility and mobility. Learn how to enhance your workout routines with these essential movements while also factoring in the importance of efficient recovery.

Tabata

Tabata Tuesdays offer a type of high-intensity interval training (HIIT) that keeps things interesting with a variety of workout routines. With low rest periods and high working periods, these sessions provide a challenge not only for your body but for your mind as well. Get involved and take your fitness to the next level!

'ROX

Everyone's favourite hybrid fitness race has come to The Fields! Challenge yourself with a full body functional fitness workout which includes muscular strength and endurance as well as working your cardiovascular endurance! Get yourself race ready or just come to experience the hybrid training method!





CLASS TIMETABLE

Sep/Oct/Nov - 2026

		Morning Classes			Evening Classes			
FITNESS CLASSES SCHEDULE	Saturday	09.30 - 10.15 Fat burner Circuit						
	Sunday	09.30 - 10.00 Spinning	10.05 - 10.35 Core & Stretch					
	Monday	10.00 - 10.45 Shredder Circuit	11.00 - 12.00 Yoga		17.30 - 18.00 Circuit	18.05 - 18.20 Abs Blast	18.25 - 18.55 Pump	
	Tuesday	10.00 - 10.45 Leg Attack	10.50 - 11.30 Pilates		17.15 - 17.55 Bums & Tums	18.00 - 18.30 SpinTensity	18.35 - 19.05 Functional Fitness	19.10 - 20.10 Yoga
	Wednesday	09.15 - 10.00 Spinning			17.30 - 18.00 Pump	18.05 - 18.45 Pilates	18.50 - 19.30 X Fit	
	Thursday	09.30 - 10.00 Spinning	10.05 - 10.45 Pump	10.50 - 11.30 Low Impact Aerobics	17.30 - 18.05 Total Body Strength	18.10 - 18.40 Spinning	18.40 - 18.55 Abs Blast	19.00 - 20.00 Yoga
	Friday	09.15 - 10.00 Step Circuit	10.05 - 10.45 Fitness Pilates		17.30 - 18.30 'ROX Bootcamp			



Book classes via our FitSense app or call 01455 233 337

OPENING HOURS

MON-THURS
6.30AM - 9.30PM

FRIDAY
6.30AM - 7.30PM

SAT & SUN
8.30AM - 5PM