

Studio Fitness Classes From December 2025

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
		07.15-08.00	Kettlebells the Gym Team			07.15-08.00	Bootcamp the Gym Team				
										10.00-10.45	LBT with Linda
										11.00-11.45	Spinning with Linda
12.15-13.00	Spin & Strength with Fiziana	12.15-13.00	Body Sculpt with Marina	12.15-13.00	Spinning with Keily	12.15-13.00	Boxercise with Clare	12.15-1.00	Supple Strength and Stretch with Clare	SUNDAY	
										10.15-11.00	KynioFlow with Jo
17.30-18.15	LBT with Amanda	17.30-18.15	Pilates with Keily	17.30-18.15	Zumba with Amanda	17.30-18.15	Body Blitz with Marina	17.30-18.15	DiscoFIT with Reiss	11.15-12.00	Hybrid FT with Jo
18.30-19.15	Pilates & Tone with Vinod	18.30-19.15	Lift and Tone with Amanda	18.30-19.00	Abs Blast with Amanda	18.30-19.15	PiYo with Marina	18.30-19.15	HIIT with Reiss		

Pool classes

WEDNESDAY

Aquacise with Jo 12.15-13.00

- Classes are bookable up to 6 days in advance for Gold & Silver members
- Entry to the building will be permitted 10 minutes prior to class time starting
- Non-members can book and pay only 24 hours in advance
- Book using our app! Search DMU Leisure on your devices app store
- Bookings can also be made online, via phone or in person at reception
- Maximum participant level are set per class, so book early to avoid disappointment
- 'No shows' for classes will be subject to a charge. Please cancel bookings at least two hours in advance if you are unable to attend

Toning	Holistic
Dance	Spin



Download the app