



WELLNESS

AT GLENEAGLES

MONDAY	06:45 - 07:30 Strike MOVE STUDIO	08:00 - 08:45 MetaBurn MOVE STUDIO	09:30 - 10:15 MetaRide MOVE STUDIO	10:30 - 11:15 Dance MOVE STUDIO	10:30 - 11:00 RideLite PT STUDIO	11:30 - 12:15 Core MOVE STUDIO	16:30 - 17:15 Move PT STUDIO	17:30 - 18:15 Advanced Circuits MOVE STUDIO	17:30 - 18:15 Aerobics PT STUDIO	18:30 - 19:15 LIFT MOVE STUDIO
TUESDAY	06:45 - 07:30 Cross-X MOVE STUDIO	08:00 - 08:45 TreadCon THE GYM	09:30 - 10:15 Mobility MOVE STUDIO	10:30 - 11:15 Aqua THE POOL	11:30 - 12:15 MetaBurn PT STUDIO	11:30 - 12:15 TRX MOVE STUDIO	13:00 - 13:45 Core MOVE STUDIO	17:00 - 17:45 Treadcon THE GYM	17:30 - 18:15 Hot Sculpt PT STUDIO	18:00 - 18:45 Metaride MOVE STUDIO
WEDNESDAY	06:45 - 07:30 S&C MOVE STUDIO	08:00 - 08:45 TRX MOVE STUDIO	09:00 - 09:45 Omnia THE GYM	09:30 - 10:15 Low-Impact HIIT MOVE STUDIO	10:30 - 11:15 RunClub ESTATE	13:00 - 13:45 Flow MOVE STUDIO	17:30 - 18:15 Strike MOVE STUDIO	17:30 - 18:15 Aerobics PT STUDIO	18:30 - 19:15 TRX MOVE STUDIO	18:30 - 19:15 RideReset PT STUDIO
THURSDAY	06:45 - 07:30 LIFT MOVE STUDIO	08:00 - 08:45 Ride PT STUDIO	09:30 - 10:15 Omnia THE GYM	10:30 - 11:15 Aqua THE POOL	11:45 - 12:30 Mobility MOVE STUDIO	13:00 - 13:45 Move MOVE STUDIO	17:00 - 17:45 Core MOVE STUDIO	17:30 - 18:15 MetaBurn PT STUDIO	18:30 - 19:15 S&C MOVE STUDIO	
FRIDAY	06:45 - 07:30 Sculpt MOVE STUDIO	07:00 - 07:45 Treadcon GYM	08:00 - 08:45 Flow MOVE STUDIO	09:30 - 10:15 Lift MOVE STUDIO	10:30 - 11:15 TRX MOVE STUDIO	11:45 - 12:30 Hot Sculpt PT STUDIO	13:00 - 13:45 Omnia THE GYM	17:30 - 18:15 Advanced Circuits MOVE STUDIO	18:30 - 19:15 Core PT STUDIO	
SATURDAY	08:30 - 09:15 MetaLift MOVE STUDIO	09:30 - 10:15 Sculpt MOVE STUDIO	10:30 - 11:15 Mobility MOVE STUDIO							
SUNDAY	08:30 - 09:15 Advanced Circuits MOVE STUDIO	09:30 - 10:15 Low Impact HIIT MOVE STUDIO	10:30 - 11:15 Rebalance MOVE STUDIO							

Timetable from 1st September to 21st December 2025

Please note all classes are subject to change and must be pre-booked via the TechnoGym App