



# WELLNESS

AT GLENEAGLES

<b>MONDAY</b>	06:45 - 07:30 MetaRide MOVE STUDIO	08:00 - 08:45 Mobility MOVE STUDIO	09:15 - 10:15 Barre (£5) PT STUDIO	09:30 - 10:15 Mobility MOVE STUDIO	10:30 - 11:15 Dance MOVE STUDIO	11:30 - 12:15 TreadCon THE GYM	11:30 - 12:30 Yoga (£5) PT STUDIO	11:30 - 12:15 TRX Circuits MOVE STUDIO	13:00 - 13:45 Low Impact HIIT MOVE STUDIO	16:30 - 17:15 Move MOVE STUDIO	17:30 - 18:15 Aerobics MOVE STUDIO	18:30 - 19:15 Advanced Circuits MOVE STUDIO
<b>TUESDAY</b>	06:45 - 07:30 Cross-X MOVE STUDIO	08:00 - 08:45 Sculpt MOVE STUDIO	09:30 - 10:15 Advanced Circuits MOVE STUDIO	10:30 - 11:15 Aqua THE POOL	11:00 - 11:45 MetaBurn MOVE STUDIO	11:30 - 12:15 Mobility PT STUDIO	13:00 - 13:45 Core MOVE STUDIO	17:30 - 18:15 Hot Sculpt PT STUDIO	17:30 - 18:15 MetaLift MOVE STUDIO	18:30 - 19:15 Strength & Conditioning MOVE STUDIO		
<b>WEDNESDAY</b>	06:45 - 07:15 MetaBurn MOVE STUDIO	08:00 - 08:45 TRX Circuits MOVE STUDIO	09:00 - 09:45 Omnia THE GYM	10:00 - 11:00 Pilates (£5) PT STUDIO	10:00 - 10:45 Low-Impact HIIT MOVE STUDIO	11:30 - 12:15 Rebalance PT STUDIO	13:00 - 13:45 RideReset MOVE STUDIO	17:30 - 18:15 Aerobics MOVE STUDIO	17:30 - 18:15 Sculpt PT STUDIO	18:30 - 19:15 Strike MOVE STUDIO	18:30 - 19:15 Core PT STUDIO	
<b>THURSDAY</b>	06:45 - 07:30 Lift MOVE STUDIO	08:00 - 08:45 MetaLift MOVE STUDIO	10:30 - 11:15 Advanced Circuits MOVE STUDIO	10:30 - 11:15 Aqua THE POOL	11:30 - 12:15 TreadCon PT STUDIO	11:30 - 12:30 Yoga (£5) PT STUDIO	11:45 - 12:30 Mobility MOVE STUDIO	13:00 - 13:45 Move MOVE STUDIO	17:00-17:45 Core PT STUDIO	17:30 - 18:15 MetaRide MOVE STUDIO	18:30 - 19:15 Cross-X MOVE STUDIO	
<b>FRIDAY</b>	06:45 - 07:30 Cross-X MOVE STUDIO	08:00 - 08:45 Omnia THE GYM	08:00 - 08:45 Flow MOVE STUDIO	09:00 - 10:00 Pilates (£5) PT STUDIO	09:30 - 10:15 MetaLift MOVE STUDIO	10:15 - 11:15 Pilates (£5) PT STUDIO	10:30 - 11:15 TRX MOVE STUDIO	13:00 - 13:45 Ride Lite MOVE STUDIO	17:30 - 18:15 Lift MOVE STUDIO	18:30 - 19:15 Strength & Conditioning MOVE STUDIO		
<b>SATURDAY</b>	08:30 - 09:15 Advanced Circuits MOVE STUDIO	09:30 - 10:15 Sculpt MOVE STUDIO	10:30 - 11:15 Mobility MOVE STUDIO									
<b>SUNDAY</b>	08:30 - 09:00 Ride Lite MOVE STUDIO	09:30 - 10:15 Lift MOVE STUDIO	10:30 - 11:15 Rebalance PT STUDIO									

Timetable from 26th January - 4th May 2026

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