WELLNESS
AT GLENEAGLES

MONDAY	06:45-07:30 MetaLift MOVE STUDIO	09:30 - 10:15 Ride & Core MOVE STUDIO	10:30 - 11:15 Dance MOVE STUDIO	11:30 - 12:15 Low-Impact HIIT MOVE STUDIO	12:30 - 13:15 Advanced Circuits MOVE STUDIO	16:30 - 17:15 Move MOVE STUDIO	17:30 - 18:15 MetaRide MOVE STUDIO	18:30 - 19:15 Strength & Conditioning MOVE STUDIO
	08:00-08:45 Sculpt PT STUDIO	09:15 - 10:15 Barre (£5) PT STUDIO	09:30 - 10:15 TreadCon GYM	11:30 - 12:30 Yoga (£5) PT STUDIO	13:00 - 13:45 Rebalance PT STUDIO	17:30 - 18:15 Mobility PT STUDIO		
TUESDAY	06:45 - 07:30 MetaRide MOVE STUDIO	09:30 - 10:15 Advanced Circuits MOVE STUDIO	10:30 - 11:15 Low-Impact HIIT MOVE STUDIO	12:30 - 13:15 Ride MOVE STUDIO	17:30 - 18:15 Strike MOVE STUDIO	18:30 - 19:15 MetaBurn MOVE STUDIO		
	08:00 - 08:45 Flow PT STUDIO	09:30 - 10:15 Omnia GYM	10:30 - 11:15 Aqua POOL	11:30 - 12:15 Mobility PT STUDIO	13:00 - 13:45 Pilates Lite PT STUDIO	17:30 - 18:15 Hot Sculpt PT STUDIO		
WEDNESDAY	06:45 - 07:30 MetaBurn MOVE STUDIO	08:00 - 08:45 TRX MOVE STUDIO	09:30 - 10:15 Lift MOVE STUDIO	10:30 - 11:15 MetaRide MOVE STUDIO	12:30 - 13:15 Move MOVE STUDIO	17:30 - 18:15 Aerobics MOVE STUDIO	18:30 - 19:15 RideReset MOVE STUDIO	
	09:00 - 09:45 Mobility PT STUDIO	10:00 - 11:00 Pilates (£5) PT STUDIO	11:30 - 12:15 Flow PT STUDIO	17:30 - 18:15 Hot Sculpt PT STUDIO				
THURSDAY	06:45 - 07:30 Cross-X MOVE STUDIO	09:30 - 10:15 TRX MOVE STUDIO	10:30 - 11:15 Advanced Circuits MOVE STUDIO	17:30 - 18:15 MetaRide MOVE STUDIO	18:30 - 19:15 MetaLift MOVE STUDIO			
	08:00 - 08:45 Sculpt PT STUDIO	09:30 - 10:15 TreadCon GYM	10:30 - 11:15 Aqua POOL	11:30 - 12:15 Move (ON THE MOVE)	11:30 - 12:30 Yoga (£5) PT STUDIO	13:00 - 14:00 Pilates Lite PT STUDIO	17:00 - 17:45 Core PT STUDIO	18:00 - 19:00 Yoga (£5) PT STUDIO
FRIDAY	06:45 - 07:30 TRX Circuits MOVE STUDIO	09:30 - 10:15 Advanced Circuits MOVE STUDIO	10:30 - 11:15 Core MOVE STUDIO	11:30 - 12:15 Lift MOVE STUDIO	12:30 - 13:15 Low-Impact HIIT MOVE STUDIO	17:30 - 18:15 Strength & Conditioning MOVE STUDIO	18:30 - 19:15 MetaBurn MOVE STUDIO	
	07:00 - 07:45 TreadCon GYM	09:00 - 10:00 Pilates (£5) PT STUDIO	10:15-11:15 Pilates (£5) PT STUDIO	17:30 - 18:15 Rebalance MOVE STUDIO				
SATURDAY	08:30 - 09:15 Elements Extreme ESTATE	09:30 - 10:15 Sculpt MOVE STUDIO	10:30 - 11:15 Mobility MOVE STUDIO					
SUNDAY	08:30 - 09:15 MetaRide MOVE STUDIO	09:30 - 10:15 Strength & Conditioning MOVE STUDIO	10:30 - 11:15 Rebalance MOVE STUDIO					

Timetable from 4th May 2026

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