



GYM 208



Winter Programme 2025

MONDAY

9.00am - Small Group Training

9.15am - Vinyasa Yoga

10.15am - Senior Ladies Gym

6.00pm - Bodypump

7.00pm - Pilates

WEDNESDAY

9.15am - Spin (Room 3)

11.00am - Men's Fitness 50+

6.00pm - Circuits

FRIDAY

9.15am - Pilates

6.15pm - Spin (Room 3)

TUESDAY

6.00am - Small Group Training

9.15am - Pilates

6.00pm - Men's Pilates

7.15pm - Spin (Room 3)

THURSDAY

6.00am - Small Group Training

9.00am - Small Group Training

9.30am - Post natal Pilates

4.00pm - Teen Gym

6.00pm - Small Group Training

SATURDAY

9.00am - Circuits

SUNDAY

10.00am - Mindful Hatha Yoga

In-house classes included in Premium membership or class pass (1 credit)

£4.50 Standard members or £5.50 Non - members

Post Natal Pilates & Teen gym are part of our funded programme

£3.00 per class or £10 per block

Pilates & Yoga (Vinyasa Flow) - £6.00 per class (pay trainer in class)

Mindful Hatha Yoga - £8.00 per class (pay trainer in class)

Cancellation must be made 3 hours in advance to qualify for a refund

BOOK VIA GLOFOX - Email: gym208@glenariffecrc.org - Tel: 028 217 71585