

Monday

06:30 - 07:10	Indoor Cycling	Julia Palmer	(S/S)
06:30 - 07:15	Body Pump Express	Sophie Walker	(F/S)
08:00 - 08:45	Aqua Blast	Kelly Penn	(S/P)
08:45 - 09:30	Gentle Stretch & Tone	Neil Solmon	(F/S)
08:50 - 09:35	Aqua Fit	Kelly Penn	(S/P)
09:00 - 10:00	Pilates Course (C)	Tracy Joyce	(C/R)
09:30 - 10:30	Circuits	Tim Offer	(M/H)
09:35 - 10:20	Beginners Step Aerobics	Neil Solmon	(F/S)
10:15 - 11:15	Pilates Course (C)	Tracy Joyce	(C/R)
10:30 - 11:10	Indoor Cycling	Neil Solmon	(S/S)
10:45 - 11:30	Body Pump Express	Rikki Gill	(F/S)
17:30 - 18:15	Body Pump Express	Rikki Walden	(F/S)
17:45 - 18:30	Insanity	Sophie Walker	(C/R)
18:10 - 19:00	Circuits	Tim Offer	(M/H)
18:20 - 19:00	Indoor Cycling	Gaynor Somerville	(S/S)
18:45 - 19:45	Yoga	Gaia Madden	(C/R)
19:00 - 19:45	Step Aerobics	Neil Solmon	(F/S)
19:05 - 19:55	Circuits	Tim Offer	(M/H)
19:10 - 19:50	Indoor Cycling	Gaynor Somerville	(S/S)
19:45 - 20:30	Aqua Fit	Kirstine Culpan	(S/P)
19:55 - 20:40	20/20 Freestyle	Neil Solmon	(F/S)
20:20 - 21:05	Yoga	Julia Palmer	(C/R)

Tuesday

06:30 - 07:10	Indoor Cycling	Neil Solmon	(S/S)
06:30 - 07:15	Clubbercise	Rikki Gill	(M/H)
08:15 - 09:00	Aqua Pilates	Kelly Penn	(S/P) T/T
08:15 - 09:00	Exercise To Music	Neil Solmon	(M/H)
09:10 - 09:55	Legs, Bums & Tums	Kelly Penn	(M/H) T/T
09:30 - 10:10	Indoor Cycling	Neil Solmon	(S/S)
09:30 - 10:30	Pilates Course (C)	Tracy Joyce	(C/R)
10:15 - 11:00	Body Pump Express	Rikki Walden	(F/S)
10:30 - 11:15	Aqua Fit	Lynn Hill	(S/P)
10:45 - 11:35	Paracise	Kaaren Admiraal	(C/R)
11:30 - 12:15	Fitness Pilates	Luki Shergill	(F/S)
17:25 - 18:05	Indoor Cycling	Lianne Ede	(S/S)
17:55 - 18:55	Body Pump	Andy	(F/S)
18:00 - 18:45	Insanity	Sophie Walker	(C/R)
18:10 - 18:50	Indoor Cycling	Rikki Walden	(S/S)
18:55 - 19:40	Boxercise **	Sophie Walker	(C/R)
19:00 - 20:00	Body Pump	Andy	(F/S)
19:15 - 20:00	Aqua Fit	Lynn Hill	(S/P)
20:15 - 21:15	Pilates Course (C)	Diana McGrail	(C/R)

Wednesday

06:30 - 07:15	Body Pump Express	Lianne Ede	(F/S)
08:30 - 09:15	Legs, Bums & Tums	Rikki Gill	(C/R)
09:00 - 09:50	Paracise	Kaaren Admiraal	(F/S)
09:15 - 10:00	Yoga	Rali Stefanova	(Bar)
09:30 - 10:15	Clubbercise	Rikki Gill	(C/R)
09:30 - 10:15	A Plan Workout	Tim Offer	(M/H)
10:20 - 11:00	Indoor Cycling	Patricia Llanderal	(S/S)
10:20 - 11:05	Clubbercise	Rikki Gill	(C/R) - NEW
18:00 - 18:45	Body Pump Express	Sophie Walker	(F/S)
18:00 - 18:45	Step Aerobics	Neil Solmon	(M/H)
18:15 - 18:55	Indoor Cycling	Rikki Walden	(S/S)
18:20 - 18:50	Core Express	Patricia Llanderal	(C/R)
19:00 - 19:40	Indoor Cycling	Sophie Walker	(S/S)
19:00 - 19:45	Dance Workout	Patricia Llanderal	(F/S)
19:05 - 20:00	Circuits	Rikki Walden	(M/H)
19:50 - 20:35	PIYO	Sophie Walker	(F/S)
20:15 - 21:00	Aqua Fit	Holly Selby	(S/P)

Thursday

06:30 - 07:10	Indoor Cycling	Rikki Walden	(S/S)
06:30 - 07:15	Clubbercise	Rikki Gill	(M/H)
08:30 - 09:15	Gentle Stretch & Tone	Rachel Klein	(F/S)
09:20 - 10:00	Indoor Cycling	Sophie Walker	(S/S)
09:20 - 10:05	Fitness Pilates	Luki Shergill	(F/S)
10:15 - 11:15	Body Pump	Sophie Walker	(F/S)
17:20 - 18:05	A Plan Workout	Tim Offer	(C/R)
17:35 - 18:15	Indoor Cycling	Nikki Samways	(S/S)
18:00 - 18:45	Zumba	Triff Rowe	(F/S)
18:15 - 19:00	Body Pump	Lianne Ede	(C/R)
18:20 - 19:00	Indoor Cycling	Nikki Samways	(S/S)
19:05 - 19:50	Legs, Bums & Tums	Nikki Samways	(F/S)
19:15 - 20:15	Therapeutic Yoga	Jo Guy	(C/R)
20:00 - 20:45	Aerobercise	Holly Selby	(F/S)

Friday

06:30 - 07:10	Indoor Cycling	Sophie Walker	(S/S)
06:30 - 07:15	Body Pump Express	Lianne Ede	(F/S)
08:00 - 08:40	Aqua Pilates	Kelly Penn	(S/P)
08:45 - 09:30	Aqua Fit	Kelly Penn	(S/P)
09:30 - 10:30	Gentle Stretch & Tone	Claire Vanstone	(F/S)
09:30 - 10:30	Circuits	Tim Offer	(M/H)
09:35 - 10:20	Aqua Fit	Kelly Penn	(S/P)
10:30 - 11:10	Indoor Cycling	Patricia Llanderal	(S/S)
10:45 - 11:30	Yoga	Claire Vanstone	(C/R)
10:45 - 11:30	Body Pump Express	Rikki Gill	(F/S)
17:25 - 18:05	Indoor Cycling	Gaynor/Lianne	(S/S)
17:30 - 18:15	Body Pump Express	Rikki Walden	(F/S)
17:30 - 18:15	Yoga	Julia Palmer	(C/R)
18:10 - 18:55	Circuits	Tim Offer	(M/H)
18:20 - 19:00	Indoor Cycling	Gaynor/Lianne	(S/S)
19:15 - 20:00	Aqua Fit	Juliet Carey	(S/P)

Saturday

07:45 - 08:30	Yoga	Julia Palmer	(M/H)
08:40 - 09:20	Indoor Cycling	Julia Palmer	(S/S)
08:55 - 09:55	Body Pump	Rikki Walden	(F/S)

Sunday

08:15 - 09:00	Yoga	Julia Palmer	(C/R)
09:00 - 10:00	Super Circuits	Sophie	(F/S)
17:30 - 18:15	A-Plan Workout	Tim Offer	(M/H)

** Boxercise

- Own gloves required.
 - Gloves available to order/purchase, £15.00 per pair.
- Contact us via email: info@thejunctionbroadstone.co.uk

Fitness Classes W/C 7 April 2025

Location Key >>>

M/H	= Main Hall	S/S	= Spin Studio
S/P	= Swimming Pool	Bar	= Bar Lounge
F/S	= Fitness Studio	(C)	= Course Fee Applies
C/R	= Canford Room	T/T	= Term Time Only

Fitness Class Fees >>>

Gold Members	Bronze Members	Non Members
55/60 minutes FREE	55/60 minutes £5.10	55/60 minutes £6.60
45/50 minutes FREE	45/50 minutes £4.50	45/50 minutes £6.00
30 minutes FREE	30 minutes £4.00	30 minutes £5.50

Indoor Cycling	Access To Leisure
Gold Members FREE	55/60 minutes £3.30
Bronze Members £4.60	45 minutes £3.00
Non Members £6.10	30 minutes £2.75