

WINTER 2025 – CLASS TIMETABLE

Class bookings can be made via your member app, and 7 days in advance of the class.

Please bear in mind, the timetable is subject to change.



ST. MELLION
HEALTH CLUB

MONDAY

09:15 - 10:00
Body Pump

Dance Studio with Diane

10:15 - 11:00
Body Balance

Dance Studio with Diane

11:15 - 12:15
Yoga

Dance Studio with Diane

11:30 - 12:15
Aqua

Main Pool with Gemma

12:30 - 13:15
Pilates

Dance Studio with Gemma

17:30 - 18:00
Ride FASTER

Cycling Studio with Hannah

18:15 - 19:00
Combat Workout

Dance Studio with Lee

19:00 - 19:45
Body Pump

Dance Studio with Lee



TUESDAY

06:30 - 07:30
Circuits

Dance Studio with Steve

09:00 - 09:45
Ride

Cycling Studio with Gemma

10:00 - 10:45
Pilates

Dance Studio with Gemma

10:00 - 11:30
Strength & Conditioning

Gym/Outdoor Exercise Area with Steve

10:00 - 10:45
Aqua

Main Pool with Sarah

11:00 - 11:45
Whole Body Workout

Dance Studio with Sarah

11:00 - 11:30
Ride FASTER

Cycling Studio with Hannah

12:00 - 12:45
Pilates

Dance Studio with Hannah

17:30 - 18:15
Ride

Cycling Studio with Diane

18:30 - 19:00
Les Mills Core

Dance Studio with Diane

19:15 - 20:00
Yoga

Dance Studio with Diane

WEDNESDAY

09:00 - 09:45
Legs, Bums & Tums

Dance Studio with Andy/Shakey

10:00 - 10:45
Ride

Cycling Studio with Diane

10:00 - 10:45
Dance Fitness

Dance Studio with Sarah

11:00 - 11:45
Stretch & Chill

Dance Studio with Diane

11:15 - 12:00
Aqua

Main Pool with Sam

12:00 - 12:45
Yoga

Dance Studio with Diane

17:45 - 18:15
Ride FASTER

Cycling Studio with Steve

18:30 - 19:30
Kettlebells

Gym/Outdoor Exercise Area with Steve

19:15 - 20:00
Circuits

Dance Studio with Christian

20:00 - 20:45
Pilates

Dance Studio with Christian

THURSDAY

07:00 - 07:30
Max Out

Dance Studio with Steve

09:00 - 09:45
Ride

Cycling Studio with Steve

09:00 - 09:30
Core Fusion

Dance Studio with Hannah

09:30 - 10:15
Stretch & Chill

Dance Studio with Hannah

10:00 - 10:45
Aqua

Main Pool with Sarah

10:00 - 11:30
Strength & Conditioning

Gym/Outdoor Exercise Area with Steve

11:00 - 11:45
Pilates

Dance Studio with Sarah

17:30 - 18:15
Ride

Cycling Studio with Diane

17:30 - 18:15
S&C Circuits

Gym/Outdoor Exercise Area with Shakey

18:30 - 19:15
Body Pump

Dance Studio with Diane

19:30 - 20:15
Body Balance

Dance Studio with Diane

FRIDAY

09:00 - 09:45
Ride

Cycling Studio with Steve

09:00 - 09:45
Body Pump

Dance Studio with Nikki

10:00 - 10:45
Whole Body Workout

Dance Studio with Sarah

10:00 - 10:45
Aqua

Main Pool with Nikki

10:30 - 11:30
Kettlebells

Gym/Outdoor Exercise Area with Steve

11:00 - 11:45
Body Balance

Dance Studio with Sarah



SATURDAY

09:15 - 10:00
Ride

Cycling Studio with Hannah

10:15 - 10:45
Core Fusion

Dance Studio with Hannah

11:00 - 11:45
Pilates

Dance Studio with Hannah



- Dance Studio
- Main Pool
- Cycling Studio
- Gym/Outdoor Exercise Area