SPIN STUDIO

Our state-of-the-art Spin Studio enables **90+ spin classes per week**, with a mixture of live and virtual classes for you to choose from.

oakhill leisure

MONDAY

Class Type	Time	Instructor	Location
Turbo Spin	06:30 - 07:00	Gym Staff	Spin Studio
Sprint™	07:05 - 07:35	Virtual	Spin Studio
RPM™	07:45 - 08:15	Virtual	Spin Studio
Sprint™	08:25 - 08:55	Virtual	Spin Studio
Pure Speed	09:00 - 09:45	Gym Staff	Spin Studio
RPM™	10:00 - 10:50	Virtual	Spin Studio
Sprint™	12:00 - 12.30	Virtual	Spin Studio
The Trip™	13:15 - 14:00	Virtual	Spin Studio
Sprint™	14:05 - 14:35	Virtual	Spin Studio
Spin & Go	14:45 - 15:15	Gym Staff	Spin Studio
The Trip™	15:45 - 16:30	Virtual	Spin Studio
Sprint™	16:35 - 17:05	Virtual	Spin Studio
Pure Speed	17:50 - 18:20	Gym Staff	Spin Studio
RPM™	18:30 - 19:20	Virtual	Spin Studio
The Trip™	19:30 - 20:15	Virtual	Spin Studio
Sprint™	20:20 - 20:50	Virtual	Spin Studio
Sprint™	21:00 - 21:30	Virtual	Spin Studio

TUESDAY

Class Type	Time	Instructor	Location
Blood, Sweat & Gears	06:30 - 07:00	Gym Staff	Spin Studio
RPM™	07:05 - 07:55	Virtual	Spin Studio
Sprint™	08:00 - 08:30	Virtual	Spin Studio
RPM™	11:00 - 11:50	Virtual	Spin Studio
Spin & Go	12:00 - 12:30	Gym Staff	Spin Studio
Sprint™	13:15 - 13:45	Virtual	Spin Studio
RPM™	14:00 - 14:50	Virtual	Spin Studio
The Trip™	15:00 - 15:45	Virtual	Spin Studio
RPM™	16:00 - 16:50	Virtual	Spin Studio
Turbo Spin	17:00 - 17:30	Gym Staff	Spin Studio
Sprint™	19:30 - 20:00	Virtual	Spin Studio
Sprint™	20:15 - 20:45	Virtual	Spin Studio
Sprint™	21:00 - 21:30	Virtual	Spin Studio

WEDNESDAY

Class Type	Time	Instructor	Location
Turbo Spin	06:30 - 07:00	Gym Staff	Spin Studio
Sprint™	07:15 - 07:45	Virtual	Spin Studio
The Trip™	08:00 - 08:45	Virtual	Spin Studio
Max Spin	09:00 - 09:45	Gym Staff	Spin Studio
The Trip™	10:00 - 10:45	Virtual	Spin Studio
Sprint™	11:00 - 11:30	Virtual	Spin Studio
Spin & Go	12:00 - 12:30	Gym Staff	Spin Studio
Turbo Spin	14:45 - 15:15	Gym Staff	Spin Studio
Sprint™	15:30 - 16:00	Virtual	Spin Studio
The Trip™	16:05 - 16:50	Virtual	Spin Studio
Sprint™	17:00 - 17:30	Virtual	Spin Studio
Sprint™	17:35 - 18:05	Virtual	Spin Studio
Sprint™	18:30 - 19:00	Virtual	Spin Studio
RPM™	19:15 - 20:05	Virtual	Spin Studio
Sprint™	20:15 - 20:45	Virtual	Spin Studio
The Trip™	21:00 - 21:45	Virtual	Spin Studio

THURSDAY

Class Type	Time	Instructor	Location
Sprint™	06:30 - 07:00	Virtual	Spin Studio
Sprint™	07:15 - 07:45	Virtual	Spin Studio
RPM™	08:00 - 08:50	Virtual	Spin Studio
The Trip™	09:30 - 10:15	Virtual	Spin Studio
Sprint™	12:00 - 12:30	Virtual	Spin Studio
Sprint™	13:30 - 14:00	Virtual	Spin Studio
RPM™	14:45 - 15:35	Virtual	Spin Studio
Sprint™	15:45 - 16:15	Virtual	Spin Studio
RPM™	16:20 - 16:50	Virtual	Spin Studio
Turbo Spin	17:00 - 17:30	Gym Staff	Spin Studio
The Trip™	18:15 - 19:00	Virtual	Spin Studio
RPM™	19:15 - 20:05	Virtual	Spin Studio
Sprint™	20:15 - 20:45	Virtual	Spin Studio

= New class

FRIDAY

Class Type	Time	Instructor	Location
Blood, Sweat & Gears	06:30 - 07:00	Gym Staff	Spin Studio
RPM™	07:05 - 07:55	Virtual	Spin Studio
Sprint™	08:00 - 08:30	Virtual	Spin Studio
Blood, Sweat & Gears	09:00 - 09:45	Gym Staff	Spin Studio
Sprint™	10:00 - 10:30	Virtual	Spin Studio
The Trip™	12:45 - 13:30	Virtual	Spin Studio
RPM™	13:45 - 14:35	Virtual	Spin Studio
Sprint™	14:45 - 15:15	Virtual	Spin Studio
The Trip™	15:30 - 16:15	Virtual	Spin Studio
Sprint™	16:20 - 16:50	Virtual	Spin Studio
Special Spin	17:00 - 17:30	Gym Staff	Spin Studio
Sprint™	18:15 - 18:45	Virtual	Spin Studio

SATURDAY

Class Type	Time	Instructor	Location
Sprint™	08:05 - 08:35	Virtual	Spin Studio
The Trip™	08:40 - 09:25	Virtual	Spin Studio
RPM™	09:30 - 10:20	Virtual	Spin Studio
The Trip™	11:15 - 12:00	Virtual	Spin Studio
Sprint™	12:15 - 12:45	Virtual	Spin Studio
RPM™	13:00 - 13:50	Virtual	Spin Studio
Sprint™	14:00 - 14:30	Virtual	Spin Studio
The Trip™	14:45 - 15:30	Virtual	Spin Studio

SUNDAY

Class Type	Time	Instructor	Location
Sprint™	08:05 - 08:35	Virtual	Spin Studio
The Trip™	08:40 - 09:25	Virtual	Spin Studio
RPM™	09:30 - 10:00	Virtual	Spin Studio
Turbo Spin	10:15 - 10:45	Virtual	Spin Studio
The Trip™	11:15 - 12:00	Virtual	Spin Studio
Sprint™	12:15 - 12:45	Virtual	Spin Studio
RPM™	13:00 - 13:50	Virtual	Spin Studio
Sprint™	14:00 - 14:30	Virtual	Spin Studio
The Trip™	14:45 - 15:30	Virtual	Spin Studio

CLASSES

If you are a member, please download the **Technogym app** for free to book on to a class.

Non-members please call **01254 824 333** to book.

oakhill leisure

MONDAY

Class Type	Time	Instructor	Location
Fat Burn	07:05 -07:35	Gym Staff	Studio 1
BodyPump™	08:00 - 08:45	Virtual	Studio 1
Shape and Tone	10:00 - 10:45	Gym Staff	Studio 1
Pilates	10:50 - 11:50	Emma	Studio 1
Core™	15:15 - 16:00	Virtual	Studio 1
Dance™	16:15 - 17:00	Virtual	Studio 1
Express Barbell	17:15 - 17:45	Gym Staff	Studio 1
HIIT Circuit	17:50 - 18:20	Catherine	Studio 1
BodyBalance™	18:25 - 19:10	Catherine	Studio 1
BodyAttack™	20:15 - 21:00	Virtual	Studio 1

TUESDAY

Class Type	Time	Instructor	Location
CrossHiit	07:05 - 07:35	Gym Staff	Studio 1
Barbell	09:00 - 09:45	Gym Staff	Studio 1
Freestyle Yoga & Dynamic Pilates	10:00 - 11:00	Lynsey	Studio 1
BodyPump™	13:00 - 13:45	Virtual	Studio 1
BodyAttack™	14:00 - 14:45	Virtual	Studio 1
Core™	15:00 - 15:30	Virtual	Studio 1
Glute Lab	17:40 - 18:10	Gym Staff	Studio 1
Pilates & Stretch	18:15 - 19:15	Eva	Studio 1
Core™	20:15 - 21:00	Virtual	Studio 1

WEDNESDAY

Class Type	Time	Instructor	Location
Core & Abs	07:05 - 07:35	Gym Staff	Studio 1
BodyAttack™	07:45 - 08:30	Virtual	Studio 1
Tone & Shape	08:25 - 08:55	Gym Staff	Studio 1
Yoga	09:00 - 09:45	Sarah	Studio 1
BodyPump™	14:30 - 15:30	Virtual	Studio 1
Dance™	16:30 - 17:15	Virtual	Studio 1
Hot Legs & Core	17:30 - 18:00	Gym Staff	Studio 1
Cardio Combat	18:05 - 18:50	Gym Staff	Studio 1
Core™	18:55 - 19:25	Virtual	Studio 1
Express BodyPump™	19:30 - 20:00	Virtual	Studio 1
BodyBalance™	20:05 - 20:50	Virtual	Studio 1

THURSDAY

Class Type	Time	Instructor	Location
Max Burn	07:00 - 07:30	Gym Staff	Studio 1
Core™	07:45 - 08:15	Virtual	Studio 1
GRIT Athletic™	08:30 - 09:00	Virtual	Studio 1
Pump	09:10 - 09:55	Gym Staff	Studio 1
Pilates	10:00 - 11:00	Emma	Studio 1
Dance™	13:30 - 14:15	Virtual	Studio 1
Pump it Up	17:15 - 18:00	Gym Staff	Studio 1
Core & Stretch	18:05 - 18:35	Gym Staff	Studio 1
GRIT Strength™	20:15 - 20:45	Virtual	Studio 1
BodyBalance™	21:00 - 21:45	Virtual	Studio 1

FRIDAY

Class Type	Time	Instructor	Location
CrossHiit	07:05 - 07:35	Gym Staff	Studio 1
Grit Strength™	08:30 - 09:00	Virtual	Studio 1
Basic/Intermediate Pilates	11:00 - 12:00	Raff	Studio 1
ZUMBA!	12:10 - 12:55	Raff	Studio 1
Core™	15:15 - 16:00	Virtual	Studio 1
500 Calories	17:35 - 18:05	Gym Staff	Studio 1
BodyBalance™	18:45 - 19:30	Virtual	Studio 1

SATURDAY

Class Type	Time	Instructor	Location
Hybrid Training	08:05 - 08:55	Gym Staff	Studio 1
Barbell Club	09:00 - 10:00	Gym Staff	Studio 1
Pilates	11:00 - 12:00	Eva	Studio 1
Core™	12:15 - 12:45	Virtual	Studio 1
BodyPump™	13:00 - 13:45	Virtual	Studio 1
BodyCombat™	14:00 - 14:45	Virtual	Studio 1

SUNDAY

Class Type	Time	Instructor	Location
Power Pump	09:15 - 10:00	Gym Staff	Studio 1
Pure Stretch	11:00 - 11:30	Gym Staff	Studio 1
BodyBalance™	11:45 - 12:30	Virtual	Studio 1
Core™	13:00 - 13:45	Virtual	Studio 1
Dance™	14:30 - 15:00	Virtual	Studio 1

= New class