

FREE CLASSES FOR MEMBERS

£5 CLASSES FOR ALL NON MEMBERS

TERMS & CONDITIONS

We require a minimum of 2 hours notice to cancel a booked class.

If you do not attend or cancel within 2 hours, you will receive a strike against your name.

If you receive 3 strikes you will be unable to book a class for a month.

We have implemented this scheme to avoid disappointment when booking classes. We hope you understand.

Please attend 5 minutes before the class is due to begin.

Please note: gloves and wrist strapping **MUST** be worn during all boxing sessions.

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Health & Fitness

GROUP EXERCISE TIMETABLE

OCEANS
AS OF AUGUST 2020



CLASS TIMETABLE

OCEANS - AS OF AUGUST 2020

MON

HARDCORE EXPRESS
07:00-07:30

PUMP
10:30-11:15

AQUA
10:30-11:15

HARDCORE BODY
17:30-18:00

LEGS, BUMS & TUMS
18:00-18:45

REVOLUTION
19:00-19:45

20/20
19:05-19:50

TUES

HARDCORE BODY
07:00-07:30

YOGA
09:30-10:15

20/20
10:30-11:15

CLUBBERCISE
17:45-18:45

SPIN
18:00-18:45

HARDCORE BODY
18:00-18:30

STEP
19:00-19:45

LEGS, BUMS & TUMS
20:00-20:45

WED

ZUMBA
09:30-10:15

HARDCORE BODY
09:30-10:00

SPIN
09:30-10:15

PUMP
10:30-11:15

PILATES
11:30-12:30

HARDCORE BODY
17:30-18:00

BOOGIE BOUNCE
18:00-18:45

REVOLUTION
18:00-18:45

STRETCH & STRENGTH
19:30-20:30

THURS

20/20 PAD CIRCUITS
07:00-07:30

AQUA
09:30-10:15

REVOLUTION
10:30-11:15

ADVANCED HIIT
12:00-12:30

HARDCORE BODY & ABS
18:00-18:30

REVOLUTION
18:15-19:00

STUDIO COMBAT
18:15-19:00

PUMP
19:15-20:00

AQUA
19:15-20:00

FRI

HARDCORE BODY & ABS
07:00-07:30

DANCE AEROBICS
09:30-10:15

PILATES
10:30-11:30

ADVANCED HIIT
17:45-18:15

BOOGIE BOUNCE
18:00-18:45

SAT

REVOLUTION
08:45-09:30

TOTAL TONE / CIRCUITS
09:45-10:30

HARDCORE BODY & ABS
10:30-11:00

SUN

HARDCORE BODY & ABS
09:30-10:00

SPIN
10:00-10:45

BOOGIE BOUNCE
10:00-10:45



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CARDIO
STRENGTH / TONE
MIND/BODY
SWIM
GYM CLASSES