

Fitness Space Norwich - Class Timetable

Monday

09:15 - 10:00	Abs, Glutes, Quads	Burn	45 Mins
12:15 - 12:45	Rhythm Ride	Sculpt	30 mins
17:15 - 17:45	Express Body Pump	Burn	30 mins
17:50 - 18:20	Express Body Pump	Burn	30 mins
18:30 - 19:30	Hot Yoga ⑩	Spirit	60 mins

Tuesday

09:15 - 10:00	Core and Balance	Spirit	45 mins
17:30 - 18:00	Combat Fit	Burn	30 mins
18:15 - 19:00	Ride n Lift	Burn	45 mins

Wednesday

09:15 - 10:00	Combat Fit	Burn	45 mins
17:30 - 18:15	Circuits	Burn	30 mins
18:45 - 19:45	Hot Yoga ⑩	Spirit	60 mins

Thursday

09:15 - 10:00	Pump up the Beat	Burn	45 mins
10:30 - 11:15	Core Control	Spirit	45 mins
16:55 - 17:25	Pump Hiit Up	Burn	30 mins
17:30 - 18:00	Core Blast	Sculpt	30 mins
18:20 - 19:00	Rhythm Ride	Burn	40 mins

Friday

09:15 - 10:00	Circuits	Burn	45 mins
12:45 - 13:15	Tour de Norwich—/ Ride 'n' Lift - Alternative weeks	Burn	30 mins
17:30 - 18:00	Bootcamp Circuits	Burn	30 mins

Saturday

08:15 - 09:00	Bags, Bells n Ropes	Burn	45 mins
09:30 - 10:00	Mystery Class / Express Body Pump—Alternative weeks	Sculpt	30 mins
14:00 - 14:45	Sculpt & Tone	Sculpt	45 mins

Sunday

08:10 - 08:55	Circuits	Burn	45 mins
09:05 - 09:50	Circuits	Burn	45 mins
10:00 - 11:00	Yoga	Spirit	60 mins

Always check the app for the latest class timetable and to book a class.

Class timetable subject to change without notice.

Extra 'Popup' classes are added to the app when capacity allows.

⑩ = Paid Class

May 2026