



ACORNS HEALTH & FITNESS | CLASS TIMETABLE – FROM OCTOBER 2026 ONWARDS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Ignite 6.15am – 7.00am • P+ Bolt-On	Hybrid Strength 6.15am – 7.00am • P+ Bolt-On	Pulse & Power 6.15am – 7.00am • P+ Bolt-On	Ignite 6.15am – 7.00am • P+ Bolt-On	Pulse & Power 6.15am – 7.00am • P+ Bolt-On	Ignite 8.15am – 9.00am • P+ Bolt-On	Hybrid Strength 8.15am – 9.00am • P+ Bolt-On
Strength & Sculpt 9.00am – 10.00am	Hyrox 9.15am – 10.00am • P+ Bolt-On	Step Aerobics 9.15am – 10.15am	Sunrise Yoga 6.30am – 7.30am • Wellness Bolt-On	Lift And Burn 9.15am – 10.00am • P+ Bolt-On	Circl Mobility 9.30am – 10.30am	Spin / Indoor Cycling 10.00am – 10.45am
Dance Fit 10.00am – 11.00am	Yoga Flow 10.00am – 11.00am	Yin Yoga 10.20am – 11.20am	Hyrox 9.15am – 10.00am • P+ Bolt-On	Yoga 10.00am – 11.00am	HIIT 11.00am – 12.00pm	
Stretch & Tone 11.00am – 12.00pm	Combat Fit 11.00am – 12.00pm	Lift Lab 5.00pm – 5.45pm	LBT 10.00am – 11.00am	Dance Fit 11.00am – 12.00pm		
Prime Time Aerobics 12.00pm – 1.00pm	Circl Mobility 6.00pm – 7.00pm	Core 6.00pm – 6.45pm	Yoga 11.00am – 12.00pm	Core And More 12.00pm – 1.00pm		
Spin / Indoor Cycling 6.00pm – 6.45pm	Engine Session 7.05pm – 8.05pm	Hyrox 6.00pm – 6.45pm • P+ Bolt-On	Prime Time Aerobics 12.00pm – 1.00pm	Strength 6.00pm – 6.30pm • P+ Bolt-On		
Zumba Toning 6.15pm – 7.15pm	Zumba 8.15pm – 9.15pm	Zumba 6.00pm – 7.00pm	Engine Session 7.00pm – 8.00pm			
Yin Sound Sanctuary 7.00pm – 8.30pm • Wellness Bolt-On		Bootcamp 7.00pm – 7.45pm				
Zumba Step 7.30pm – 8.30pm		Spin / Indoor Cycling 7.00pm – 7.45pm				
		Hybrid Strength 7.00pm – 7.30pm • P+ Bolt-On				
		Strong 7.45pm – 8.45pm				

■ The Loft ■ Dance Studio ■ Spin Studio ■ Garden Suite ■ Main Hall

P+ Bolt-On = Performance Plus Bolt-On Required | Wellness Bolt-On = Wellness Bolt-On Required | acornsfitness.co.uk | Valid from October 2026

Class Descriptions & Activity Guide

Every class on our timetable explained. Find in-depth guides, coach bios & videos online at acornsfitness.co.uk/classes

Bootcamp • DANCE STUDIO • Teresa • Max 15 High-intensity military-inspired circuit blending bodyweight drills, agility, and cardio intervals. ⚡ High-energy circuit	CIRCL Mobility™ • DANCE STUDIO • Teresa • Max 15 Functional movement focusing on joint mobility, flexibility, and breathwork to reduce stiffness. ⚡ Pilates-inspired movement blend	Combat Fit • DANCE STUDIO • Chloe • Max 15 Non-contact martial arts cardio workout combining boxing, kickboxing, and core conditioning. ⚡ Non-contact fight cardio	Core • DANCE STUDIO • Courtney • Max 20 Targeted training for abs, obliques, and lower back to build core stability, posture, and endurance. ⚡ Core stability & strength
Core And More • DANCE STUDIO • Aggy • Max 20 Slow, mindful floor routine targeting deep core stabilizers and glutes for gentle, restorative strength. ⚡ Pilates-inspired floor routine	Dance Fit • DANCE STUDIO • Cara • Max 20 Upbeat, feel-good cardio workout combining energetic dance routines, great music, and aerobic intervals. ⚡ Fun aerobic dance cardio	Engine Session • DANCE STUDIO • Kelly • Max 16 Structured 4-week progressive training block blending weights, cardio, and movement coaching. ⚡ All fitness levels welcome	HIIT • DANCE STUDIO • Teresa • Max 15 Fast-paced interval training alternating explosive work bursts with short recoveries for max calorie burn. ⚡ Max calorie burn & stamina
Hybrid Strength • THE LOFT • Chris / Anthony • Max 16 Full-body resistance circuit combining compound lifts (RDLs, dips, rows) with functional core work. ⚡ Performance Plus Bolt-On Required	Hyrox • THE LOFT • Chloe • Max 20 Official Hyrox-style training pairing running intervals with sleds, rowers, and functional workout stations. ⚡ Performance Plus Bolt-On Required	Ignite • THE LOFT • Chris • Max 16 Fast-paced athletic conditioning in The Loft designed to push aerobic limits and build full-body power. ⚡ Performance Plus Bolt-On Required	LBT (Legs, Bums & Tums) • DANCE STUDIO • Chloe • Max 20 Classic lower-body sculpting and core conditioning using weights and bodyweight resistance. ⚡ Lower body & core tone
Lift & Burn • THE LOFT • Kirsty • Max 16 High-energy workout combining resistance training and calorie-burning intervals to build athletic fitness. ⚡ Performance Plus Bolt-On Required	Lift Lab • THE LOFT • Courtney • Max 16 Technique-led lifting clinic focusing on barbell mechanics, form, and compound movement progression. ⚡ Included in General Membership	Pulse & Power • THE LOFT • Kirsty • Max 16 Explosive Loft workout blending barbell resistance, functional equipment, and high-energy cardio bursts. ⚡ Performance Plus Bolt-On Required	Prime Time Aerobics • DANCE STUDIO • Courtney • Max 18 Low-impact, joint-friendly aerobic conditioning to improve cardiovascular health, mobility, and balance. ⚡ Low-impact movement
Spin / Indoor Cycling • SPIN STUDIO • Steve / Gillian • Max 29 High-octane studio cycling set to driving tracks. Tackle climbs, sprints, and interval endurance drills. ⚡ High-energy cardio	Step Aerobics • DANCE STUDIO • Irene • Max 20 Rhythmic cardio workout using adjustable step platforms with choreographed combos to tone legs and burn calories. ⚡ Rhythmic cardio conditioning	Strength (Loft) • THE LOFT • Anthony • Max 16 Focused 30-minute barbell and rack session dedicated strictly to building muscular strength and power. ⚡ Performance Plus Bolt-On Required	Strength & Sculpt • DANCE STUDIO • Kirsty • Max 15 Full-body dumbbell workout using controlled movements targeting major muscle groups to sculpt and tone. ⚡ Resistance & definition
Stretch & Tone • DANCE STUDIO • Cara • Max 20 Gentle resistance exercises paired with deep functional stretching to improve posture and release tightness. ⚡ Mobility & gentle toning	Strong • DANCE STUDIO • Teresa • Max 20 STRONG Nation™ athletic workout syncing bodyweight and plyometric conditioning directly to music beats. ⚡ Synced high-intensity	Sunrise Yoga • DANCE STUDIO • Kelly • Max 20 Early-morning vinyasa flow synchronising breath with fluid movement to awaken joints and energise mind & body. ⚡ Wellness Bolt-On Required	Yin Sound Sanctuary • GARDEN SUITE • Kelly • Max 20 Deep restorative stretches paired with an immersive therapeutic acoustic sound bath in the Garden Suite. ⚡ Wellness Bolt-On Required
Yin Yoga • DANCE STUDIO • Irene • Max 25 Slow-paced meditative yoga holding gentle poses for extended periods to release fascia and reduce stress. ⚡ Mindful stretching & calm	Yoga / Yoga Flow • DANCE STUDIO • Kelly / Steve • Max 25 Fluid posture sequences and breathwork designed to develop flexibility, core stability, balance, and strength. ⚡ Flexibility, breath & balance	Zumba • MAIN HALL / DANCE STUDIO • Teresa / Phil • Max 20 Exhilarating Latin and international dance party blending easy-to-follow choreography with high-energy cardio. ⚡ Fun dance fitness	Zumba Step • DANCE STUDIO • Teresa • Max 20 Combines the fun of Zumba with a step platform for extra cardio output and targeted lower-body toning. ⚡ Step cardio & lower body
Zumba Toning • DANCE STUDIO • Teresa • Max 20 Blends body-sculpting techniques and classic Zumba® moves with weighted toning sticks for light resistance. ⚡ Dance with light weights	Bookings & Information • MEMBER NOTICE Book your spot easily via the Acorns app, online member portal, or speak directly with our reception team. Classes must be pre-booked to ensure availability and space. For full in-depth descriptions of all fitness classes please visit acornsfitness.co.uk/classes ⚡ Speak to reception to add Performance Plus or Wellness bolt-ons or add them in the app via the membership tile.		



Scan the QR Code to find out more about our fitness classes including lengthier descriptions