

Gym Timetable @ The Bridge



Any Group with a * will need to be booked in advance. All Bridge Zoom groups are on this Timetable and can be accessed via our website.

Any other groups that may exist are not ran by or affiliated with Bridge. For gym activities see gym timetable.

Monday	Tuesday	Wednesday	Thursday	Friday
9.30am – 4.00pm	9.30am – 4.00pm	12.00pm – 4.00pm	9.30am – 4.00pm	9.30am – 3.30pm
10.30am – 11.00am Group Gym Induction * (30 minutes)	9.30am – 11.00am Health Check Drop In	12.00pm – 12.30pm Group Gym Induction * (30 minutes)	10.30am – 12.00pm Member-Led Circuits Class (60-90 Minutes)	10.00am-10.30am Kettlebell Conditioning * (30 minutes)
11.30am-12.30pm Member Led Couch to 5k * (60 minutes)	10.15am – 10.45am Zumba (19 th May) (30 minutes)	1.00-1.45pm PUMP * (45 Minutes)	12.30pm – 1.00pm Group Spin Class * (30 minutes)	11.00am – 11.30am Group Spin Class * (30 minutes)
12.00pm – 12.50pm Pilates/Yoga (50 minutes)	10.30am - 11.30pm Volunteer Led Lift Club (60 minutes)	2.00pm – 3.30pm Healthy Hearts & Lungs Drop In	2.00pm – 4.00pm Women Only Gym	11.30am-12.30pm Member Led Couch to 5k * (60 minutes)
	12.00pm – 12.30pm Group Spin Class * (30 minutes)		30 min Womens Personal Training Sessions Available *	12.00pm – 12.30pm Group Gym Induction * (30 minutes)
	2.00pm – 4.00pm Women Only Gym			
	30 min Womens Personal Training Sessions Available *			
Gym Buddies and 1:1's Available Throughout the Day	Gym Buddies and 1:1's Available Throughout the Day	Gym Buddies and 1:1's Available Throughout the Day	Gym Buddies and 1:1's Available Throughout the Day	Gym Buddies and 1:1's Available Throughout the Day

Gym Timetable Class Descriptions

Group Induction - An introduction to the gym space and equipment. Learn how things work and feel more confident getting started. You **MUST** complete an induction prior to using the gym. During the induction you will be offered 1:1 support.

Spin - Indoor cycling at your own pace. A great cardio workout — you control the resistance, so it suits all levels.

Pump - A full-body strength class using weights. Builds strength and tone — you choose how heavy or light to go. Suitable for all levels.

Circuits - A mix of exercises using various equipment, completed in short bursts. Move around stations at your own pace — adaptable for all abilities.

Kettlebells - Strength and movement using kettlebell weights. Helps build strength, balance, and coordination — options for beginners.

Zumba - A fun, dance-based workout set to music. No experience needed — just move and enjoy it.

Yoga/Pilates – A calm, low impact blend of yoga and Pilates focusing on strength, flexibility, posture, and relaxation. Slow paced and suitable for all levels.

Couch to 5K - A gentle, guided running programme starting from walking. Designed to build confidence and fitness gradually.

Wellbeing/Health Check - A supportive drop-in to check key health measures like blood pressure, weight, body composition, and lung function. You can also talk through any health concerns, get guidance, and be supported with contacting your GP if needed.

Women Only Gym (Tues & Thurs 2–4pm) - A private, relaxed space just for women. Train at your own pace in a calm and supportive environment.

Healthy Hearts & Lungs Drop-In - A supportive session to discuss heart and lung health. Part of our cardiac Phase 4 and pulmonary rehabilitation service, offering guidance, monitoring, and support for managing related conditions.

Support Options

1:1 Personal Training - Book a one-to-one session for personalised support, guidance, and goal setting. Tailored fitness plans available to suit your goals.

Supported Start (Level 1) - One-to-one support to help you get started safely and build confidence in the gym. Perfect if you are new to the gym or starting again after a long period of time. Personalised training plans and guidance available.

Build & Progress (Level 2) - Ongoing support as you develop your routine. Includes guidance, gym buddy support, and help building confidence.

Independent Training (Level 3) – As long as you have completed a Gym Induction and feel confident. You can use the gym on your own, staff are available if needed.