

**Membership Discounts
Available**

Emergency Services,
Juniors and Couples/Family



The Performance Zone Studio Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:00 – 07:00	Open Gym 6.00 to 7.00	Open Gym 6.00 to 7.00	Open Gym 6.00 to 7.00	Open Gym 6.00 to 7.00	Open Gym 6.00 to 7.00		CLOSED
07:00 – 07:45	GPT - STRENGTH	GPT - SWEAT	GPT - STRENGTH	GPT - HYBRID	GPT - STRENGTH	GPT - HYBRID	
07:45 to 12:00	Open Gym 7.45 to 12.00	Open Gym 7.45 to 12.00	Open Gym 7.45 to 12.00	Open Gym 7.45 to 12.00	Open Gym 7.45 to 12.00	Open Gym 7.45 to 12.00	
12:00 – 12:45	GPT - SWEAT	GPT - STRENGTH	GPT - HYBRID	GPT - SWEAT	GPT - STRENGTH	GPT – STRENGTH	
12:45 to 19:00	Open Gym 12.45 to 19.00	Open Gym 12.45 to 19.00	Open Gym 12.45 to 19.00	Open Gym 12.45 to 19.00	Open Gym 12.45 to 19.00	Open Gym 12.45 to 16.30	
19:00 – 19:45	GPT – STRENGTH	GPT - HYBRID	GPT – BOX/SWEAT	GPT - STRENGTH	GPT – SWEAT		
19:45 – 21:00							



The Performance Zone 2026 Membership Options

	PRICE PCM	OPEN GYM	GROUP PT
Bronze (Open Gym)	£34.99	Unlimited	N/A
Silver (Unlimited Open Gym and 8 GPT)	£49.99	Unlimited	8PCM
Gold (Unlimited Open Gym and 12 GPT)	£69.99	Unlimited	12PCM
Platinum (Unlimited Open Gym and Unlimited GPT)	£89.99	Unlimited	Unlimited

6-Week Trial Options 2026

6 Week Group Fitness Trial (£59.99)

Unlimited Open Gym
Unlimited Group Personal Training

6 Weeks Group Fitness + 3 PT (£159.99)

3 x 1-on-1 Personal Training Sessions
Unlimited Open Gym
Unlimited Group Personal Training

6 Weeks Group Fitness + 6 PT (£249.99)

6 x 1-on-1 Personal Training Sessions
Unlimited Open Gym
Unlimited Group Personal Training