

# Class Timetable

	Time	Class	Instructor	Location
Monday	07.15 - 07.45	Functional Fitness	Fitness Team	Fitness Suite
	09.30 - 10.30	Zumba*	Dani	Studio 3
	09.45 - 10.45	Mum and Baby	Shani	Studio 1 & 2
	10.00 - 10.55	Yogalates	Becca	Dance Studio
	10.45 - 11.15	Over 60s Gentle Dance*	Dani	Studio 3
	11.05 - 11.35	Functional Kettle Fit	Becca	Studio 1 & 2
	11.45 - 12.45	Boxfit	Monte	Studio 1 & 2
	17.15 - 18:00	Circuits	Tim	Studio 1 & 2
	18.00 - 19.00	Adult Swimfit** (excluding 15 Apr)	Natalie	Pool
	18.30 - 19.15	LBT	Anna	Studio 1 & 2
	19.00 - 20.00	Running Club	Sean	Outside
	19.15 - 20.00	Clubbercise** (excluding 15 Apr)	Natalie	Studio 3
	19.30 - 20.30	Flow Yoga	Fi	Studio 1 & 2

	Time	Class	Instructor	Location
Tuesday	07.30 - 08.00	Wake Up Hiit	Fitness Team	Studio 1 & 2
	09.30 - 10.30	Pilates	Alex	Studio 1 & 2
	11.00 - 12.00	Flow Yoga	Fi	Dance Studio
	17.15 - 17.55	Indoor Cycling	Helen	Studio 3
	18.20 - 19.05	Cardio Kick	Anna	Studio 1 & 2

	Time	Class	Instructor	Location
Wednesday	09.30 - 10.15	Pilates (excluding 17 Apr)	Alex	Dance Studio
	10.20 - 10.40	Core Conditioning	Fitness Team	Dance Studio
	11.00 - 11.45	Pump & Tone	Helen	Studio 1 & 2
	12.00 - 12.45	Aquafit**	Helen	Pool
	12.15 - 13.00	Chair Strength & Balance	Nicky	Studio 1 & 2
	17.30 - 18.30	Functional Pilates	Nicky	Dance Studio
	17.45 - 18.15	Kettlehit	Tim	Studio 1 & 2
	18.20 - 19.05	Les Mills Body Attack	Leigh	Studio 1 & 2
	19.15 - 20.00	Clubbercise**	Natalie	Studio 3
	19.15 - 20.15	Boxfit (from 24 May)	Monte	Studio 1 & 2

	Time	Class	Instructor	Location
Thursday	07.15 - 07.45	Functional Fitness	Fitness Team	Fitness Suite
	09.30 - 10.15	Circuits	Fitness Team	Studio 1 & 2
	10.20 - 10.40	Core Conditioning	Fitness Team	Studio 1 & 2
	10.45 - 11.30	Hula Fitness (excluding 18 Apr)	Anna	Studio 1 & 2
	11.00 - 12.00	Beginners Yoga	Fi	Dance Studio
	17.15 - 18.00	Pump & Tone	Helen	Studio 1 & 2
	18.05 - 18.25	Core Conditioning	Helen	Studio 1 & 2
	18.45 - 19.45	Pilates	Paula	Dance Studio
	18.35 - 19.20	Indoor Cycling	Helen	Studio 3
	19.30 - 20.15	Low impact Circuits	Shani	Studio 1 & 2

	Time	Class	Instructor	Location
Friday	07.30 - 08.00	Wake Up Hitt	Fitness Team	Studio 1 & 2
	09.30 - 10.00	Functional Fitness	Fitness Team	Fitness Suite
	09.45 - 10.45	Body Balance	Alex	Dance Studio
	10.00 - 11.00	Zumba*	Dani	Studio 1 & 2
	11.00 - 12.00	Over 60s Gentle Dance*	Dani	Studio 3
	11.30 - 12.30	Pilates	Alex	Dance Studio
	17.15 - 18.15	Flow Yoga	Fi	Studio 1 & 2
18.30 - 20.00	Kickboxing* (Viper Academy)	Viper Academy	Studio 3	

	Time	Class	Instructor	Location
Sat	08.30 - 09.15	Bootcamp	Fitness Team	Studio 1 & 2

	Time	Class	Instructor	Location
Sun	09.15 - 10.00	Circuits	Fitness Team	Studio 1 & 2

■ Pool 
 ■ Dance 
 ■ Cardio 
 ■ Mind & Body 
 ■ Strength & Conditioning 
 ■ Community

## Fitness Suite Timetable

<b>Monday</b>	07.00 - 22.00	
<b>Tuesday</b>	07.00 - 14.00	17:00 - 22.00
<b>Wednesday</b>	07.00 - 22.00	
<b>Thursday</b>	07.00 - 14.00	17:00 - 22.00
<b>Friday</b>	07.00 - 21.00	
<b>Saturday</b>	08.00 - 13.00	
<b>Sunday</b>	08.00 - 21.00	

### Leisure Cards gain access to the Fitness Suite during off peak hours;

- Mondays and Wednesdays 09.30 - 16.00
- Tuesdays and Thursdays 09.30 - 14.00
- Fridays 07.00 - 21.00
- Sundays 10.30 - 21.00

\*Class run by an external Instructor, additional charges may apply

\*\*Term time only classes

## Fitness Products available at Oundle School Sports Centre...



It's time to strap in and start tracking.

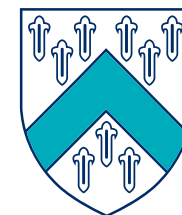
Give Myzone a try with a demo belt!



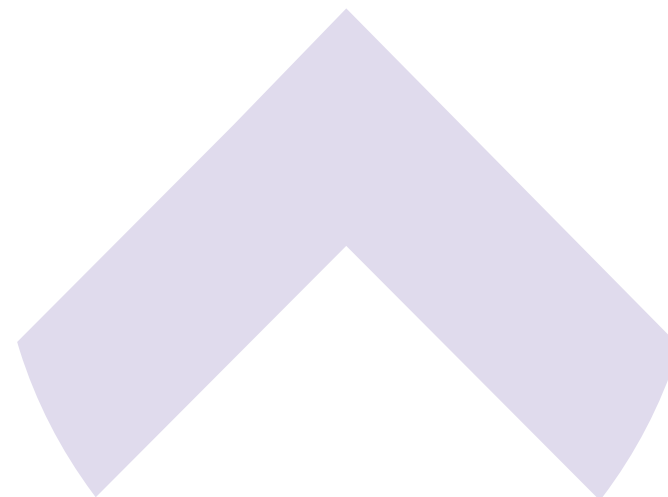
Discover how changes in diet and exercise can improve your fat, muscle and water levels.

UPDATED 12.04.24

[www.oundlesportscentre.co.uk](http://www.oundlesportscentre.co.uk)



Oundle School  
**SPORTS  
CENTRE**



## Fitness Suite and Class Timetable

**Monday 15th April  
to Sunday 26th May**

A fitness induction must be undertaken prior to gaining access to the fitness suite.

[www.oundlesportscentre.co.uk](http://www.oundlesportscentre.co.uk)

