



















# 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 – 11.00	 Yogalates	Becky	Dance Studio
	10.45 – 11.15	 Over 60s Gentle Dance*	Dani	Studio 3
	11.05 – 11.35	 Low Impact Circuits	Becky	Studio 1 & 2
	11.30 – 12.30	 Barre	Alex	Dance Studio
	11.45 – 12.45	 Boxfit	Monte	Studio 1 & 2
	13.00 – 13.45	 Gentle Chair Flow	Becky	Dance Studio
	17.15 – 17.45	 ROXFIT	Sean	Studio 1 & 2
Tuesday	18.00 – 18.45	 Circuits	Tim	Studio 1 & 2
	19.00 – 20.00	 Running Club	Sean	Outside
	07.30 – 08.00	 Wake Up Hiit	Fitness Team	Studio 1 & 2
	11.00 – 12.00	 Flow Yoga	Fi	Studio 1 & 2
	13.30 – 14.00	 Express Aqua (w/c 28th April)	Helen	
Wednesday	17.10 – 17.55	 Indoor Cycling	Helen	Studio 3
	18.45 – 19.30	 Low Impact Circuits	Shani	Studio 1 & 2
	10.35 – 10.55	 Core Conditioning	Fitness Team	Dance Studio
Thursday	11.00 – 11.45	 Pump & Tone	Helen	Studio 1 & 2
	12.00 – 12.45	 Aquafit	Helen	23m 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

	Time	Class	Instructor	Location
Friday	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
	11.00 – 12.00	 Beginners Yoga	Fi	Studio 1 & 2
	17.15 – 18.00	 Pump & Tone	Helen	Studio 1 & 2
	18.00 – 18.30	 Core Conditioning	Helen	Studio 1 & 2
	18.30 – 19.15	 Indoor Cycling	Helen	Studio 3
	18.45 – 19.45	 Pilates	Paula	Dance Studio
	19.20 – 20.05	 Boxfit Hiit(excl 16th & 22nd May)	Monte	Studio 1 & 2
Saturday	07.30 – 08.00	 Wake Up Hiit	Fitness Team	Studio 1 & 2
	09.30 – 10.00	 Functional Fitness	Fitness Team	Fitness Suite
	10.00 – 11.00	 Barre	Alex	Dance Studio
	10.45 – 11.30	 Gentle Chair Flow	Becky	Studio 3
	10.00 – 11.00	 Zumba*	Dani	Studio 1 & 2
Sunday	08.15 – 09.00	 Bootcamp	Fitness Team	Studio 1 & 2
	09.15 – 10.00	 Bootcamp	Fitness Team	Studio 1 & 2
Sun	09.15 – 10.00	 Circuits (excl 18th May)	Fitness Team	Studio 1 & 2

 Pool  Dance  Cardio  Mind & Body  Strength & Conditioning  Community

\*Class run by an external Instructor \*\*Term time only classes

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

### Low Impact Circuits

Fun low impact circuits class without a jump, high knee run or burpee in sight!

Focusing on good form, functional movements and working up a sweat. Aiming to keep you moving whilst recovering from an injury, moving

### Flow Yoga

Flow yoga is a dynamic yoga class focusing on both strength and flexibility. We flow mindfully through a series of yoga postures, linking movement with breath, to bring a sense of balance and ease to the body and mind.

### Gentle Chair Flow

Seated yoga class promoting functional mobility through gentle movements and mindful flows.

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



It's time to strap in and start tracking.

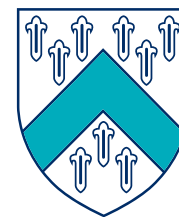
Give Myzone a try with a demo belt!



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

UPDATED 01.05.25

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



Oundle School  
**SPORTS  
CENTRE**

# Fitness Suite and Class Timetable

**Monday 28th April  
to Sunday 25th May**

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

## Fitness Suite Opening Hours

<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	

\*Sunday 18th May 16:30–21:00 due to external event

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