

Class Timetable

Monday	Time	Class	Instructor	Location
	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
Tuesday	17.15 – 17.45	ROXFIT	Sean	Studio 1 & 2
	18.00 – 18.45	Circuits	Tim	Studio 1 & 2
	19.00 – 20.00	Running Club	Sean	Outside

Tuesday	07.30 – 08.00	Wake up Hiit	Fitness Team	Studio 1 & 2
	09.30 – 10.30	Somatic Yoga* (excl 24th June)	Emma	Studio 1 & 2
	11.00 – 12.00	Flow Yoga	Fi	Studio 1 & 2
	13.30 – 14.00	Express Aqua**	Helen	23m Pool
	17.10 – 17.55	Indoor Cycling	Helen	Studio 3
	18.45 – 19.30	Low Impact Circuits	Shani	Studio 1 & 2
		*Starting W/C 16th June		

Wednesday	09.45 – 10.05	Core Conditioning	Fitness Team	Dance Studio
	10.15 – 10.55	Heavy Hiit	Helen	Studio 1 & 2
	11.00 – 11.50	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
Thursday	17.45 – 18.15	Kettlehit	Tim	Studio 1 & 2
		*excl 25th June		

****New classes coming soon!****

Thursday	Time	Class	Instructor	Location
	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	Monte	Studio 1 & 2

Friday	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	Zumba*	Dani	Studio 1 & 2
	10.00 – 11.00	Barre	Alex	Dance Studio
	11.30 – 12.30	Somatic Yoga*	Emma	Studio 1 & 2
		*Starting W/C 16th June		

Saturday	08.15 – 09.00	Bootcamp	Fitness Team	Studio 1 & 2
	09.15 – 10.00	Bootcamp (excl 14th June)	Fitness Team	Studio 1 & 2
		Excluding 28th June - Due to Oundle School Speech day		

Sunday	09.15 – 10.00	Circuits	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 through all 3 trimesters in pregnancy, starting back into exercise after having a baby or if you're new to exercise.

Heavy Hiit

Heavy Hiit is a high intensity interval class with weights incorporated. Covering all aspects of fitness from Cardiovascular, muscle strength and endurance. The class will change weekly and adaptations can be made to all exercises.

Somatic Yoga

Somatic yoga emphasises mindful movement and body awareness addressing muscle tension and allowing for a fuller range of movement. Rather than focusing on poses, the focus is on small movements and how they feel in your body. Great for reducing stress and helping to relieve muscle tightness.

Fitness Products available at Oundle School Sports Centre...

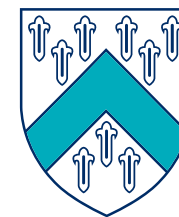


It's time to strap in and start tracking.
Give Myzone a try with a demo belt!



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

UPDATED 05.06.25



Oundle School
**SPORTS
CENTRE**

Fitness Suite and Class Timetable

**Monday 2nd June
to Sunday 29th June**

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

Fitness Suite Opening Hours

Monday	07.00 – 22.00	
Tuesday	07.00 – 14.00	17.00 – 22:00
Wednesday	07.00 – 22.00	
Thursday	07.00 – 14.00	17.00–22.00
Friday	07.00 – 21.00	
Saturday*	08.00 – 13.00	
Sunday	08.00 – 21.00	

*Closed Saturday 28th June due to
Oundle School Speech Day