

Class Timetable

	Time	Class	Instructor	Location
Monday	07.15 – 07.45	Functional Fitness	Fitness Team	Fitness Suite
	09.45 – 10.45	Mum and Baby	Shani	Studio 1 & 2
	09.30 – 10.30	Zumba*	Dani	Studio 3
	10.00 – 11.00	Yogalates	Becky	Dance Studio
	10.45 – 11.15	Over 60's Gentle Dance*	Dani	Studio 3
	11.05 – 11.35	Low Impact Circuits	Becky	Studio 1 & 2
	13.00 – 13.45	Gentle Chair Flow	Becky	Dance Studio
	17.15 – 17.45	ROXFIT	Sean	Studio 1 & 2
	18.00 – 18.45	Circuits	Tim	Studio 1 & 2
	19.00 – 20.00	Run Club	Sean	Outside

Tuesday	07.30 – 08.00	Wake Up Hiit	Fitness Team	Studio 1 & 2
	09.30 – 10.30	Somatic Yoga	Emma	Studio 1 & 2
	11.00 – 12.00	Flow Yoga	Christina	Studio 1 & 2
	13.30 – 14.00	Express Aqua	Helen	23m Pool
	17.10 – 17.55	Indoor Cycling	Helen	Studio 3
	18.30 – 19.30	Flow Yoga	Christina	Dance Studio
	18.45 – 19.30	Low Impact Circuits	Shani	Studio 1 & 2

Wednesday	09.45 – 10.05	Core Conditioning	Fitness Team	Dance Studio
	10.15 – 10.55	Heavy Hiit	Helen	Studio 1 & 2
	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	Dance Studio
	17.30 – 18.30	Functional Pilates	Nicky	Dance Studio
	17.45 – 18.15	Kettlehit	Tim	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
	11.00 – 12.00	Beginners Yoga	Christina	Studio 1 & 2
	17.10 – 17.55	Pump & Tone	Helen	Studio 1 & 2
	18.00 – 18.20	Core Conditioning	Helen	Studio 1 & 2
	18.25 – 19.05	Indoor Cycling	Helen	Studio 3
	18.45 – 19.45	Pilates	Paula	Dance Studio

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
	11.30 – 12.30	Somatic Yoga	Emma	Studio 1 & 2
	17.30 – 18.30	Flow Yoga	Christina	Studio 1 & 2

Saturday	08.15 – 09.00	Bootcamp	Fitness Team	Studio 1 & 2
	09.15 – 10.00	Boxfit* (excl 18th)	Monte	Studio 1 & 2

*18th Class will be Bootcamp instead of Boxfit

Sunday	09.15 – 10.00	Circuits	Fitness Team	Studio 1 & 2
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■ 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...



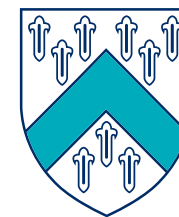
It's time to strap in and start tracking.

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 13th October
to Sunday 19th October**

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