

Class Timetable

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
13.00 - 13.45	Gentle Chair Flow	Becky	Dance Studio
17.15 - 17.45	Roxfit	Fitness Team	Studio 1 & 2
18.00 - 18.45	Circuits	Tim	Studio 1 & 2

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	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 - 19.10	Indoor Cycling	Helen	Studio 3
19.00 - 19.45	POP UP CLASS - See poster for dates		Studio 1 & 2
18.45 - 19.45	Pilates	Paula	Dance Studio

Monday

Tuesday

Wednesday

Thursday

Friday

Sat

Sun

07.30 - 08.00	Wake Up Hiit	Fitness Team	Studio 1 & 2
09.30 - 10.15	POP UP CLASS - See poster for dates		Studio 1 & 2
11.00 - 12.00	Flow Yoga	Christina	Studio 1 & 2
17.10 - 17.55	Indoor Cycling	Helen	Studio 3
18.30 - 19.30	Yoga Flow	Chrisitna	Dance Studio
18.45 - 19.05	Low Impact circuits	Sharni	Studio 1 & 2

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
17.30-18.30	Flow Yoga	Christina	Studio 1 & 2

07.15 - 07.45	MyZone HIIT	Fitness Team	Studio 1 & 2
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	Studio 1 & 2
17.30 - 18.30	Functional Pilates	Nicky	Dance Studio
17.45 - 18.15	Kettlehit	Tim	Studio 1 & 2

08.15 - 09.00	Bootcamp	Fitness Team	Studio 1 & 2
09.15 - 10.00	Boxfit	Monte	Studio 1 & 2

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

Dancercise

Dancercise is an energising dance exercise class using music from different genres to get you moving. Within one session you'll be winding your hips to a strong Reggaeton beat one minute, disco dancing the next, before moving onto a cheeky shimmy in a catchy salsa number! All you need is an enjoyment of dance to join in! It's how you interpret the dance that matters not about which is why it's suitable for all fitness levels!

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.

MyZone HIIT

A Myzone class uses a wearable heart rate monitor to track your effort (not just fitness) in real-time, displaying your heart rate zones on screens to gamify workouts, rewarding effort with MEPs (Myzone Effort Points) for consistency, making all fitness levels feel equal and motivated in fun.

Members can still attend the class if you don't have MyZone!

Why not test one out - Ask your instructor for

Fitness Products available at Oundle School Sports Centre...



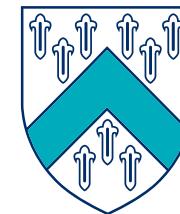
Give Myzone a try with a demo belt!

InBody370s

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

UPDATED 30.12.25

www.oundlesportscentre.co.uk



Oundle School
**SPORTS
CENTRE**

Fitness Suite and Class Timetable

**Monday 5th January
to Sunday 1st February**

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

Fitness Suite Timetable

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	

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