

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
	10.00 - 11.00	Yogalates+	Becky	Dance Studio
	11.05 - 11.50	Barre+	Amy	Dance Studio
	11.05 - 11.35	Low Impact Circuits+	Becky	Studio 1 & 2
	12.00 - 13.00	Pilates+	Amy	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
		+Excluding 6th April 2026		
	++Easter Monday Functional Fitness 8.30am Studio 1 & 2			

Tuesday	07.30 - 08.00	Wake Up Hiit	Fitness Team	Studio 1 & 2	
	11.00 - 12.00	Flow Yoga	Christina	Studio 1 & 2	
	12.15 - 13.00	POP UP CLASS - See poster for dates			Studio 1 & 2
	13.30 - 14.00	Express Aqua (24th Only)	Helen	23m Pool	
	17.10 - 17.55	Indoor Cycling	Helen	Studio 3	
	18.30 - 19.30	Yoga Flow	Christina	Dance Studio	
	18.50 - 19.35	Low Impact circuits	Shani	Studio 1 & 2	

Wednesday	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	Studio 3
	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 - 18.30	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	

Friday	07.30 - 08.00	Wake Up Hiit++	Fitness Team	Studio 1 & 2
	09.30 - 10.00	Functional Fitness	Fitness Team	Fitness Suite
	09.30 - 10.15	Barre+	Amy	Dance Studio
	10.30 - 11.30	Pilates+	Amy	Dance Studio
	17.30 - 18.30	Flow Yoga+	Christina	Studio 1 & 2
		+Excluding 3rd April 2026		
	++Good Friday WakeUp Hiit 8.30am Studio 1 & 2			

Sat	08.15 - 09.00	Bootcamp (excl 28.03)	Fitness Team	Studio 1 & 2
	09.15 - 10.00	Boxfit (excl 28.03)	Monte	Studio 1 & 2

Sun	09.15 - 10.00	Circuits (excl 28.03 & 05.04)	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 its 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...

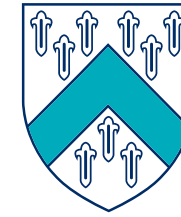


Give Myzone a try with a demo belt!



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

UPDATED 17.03.26



Oundle School
**SPORTS
CENTRE**

Fitness Suite and Class Timetable

**Monday 23rd March
to Sunday 12th April**

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 - 22.00
Wednesday	07.00 - 22.00
Thursday	07.00 - 22.00
Friday	07.00 - 21.00*
Saturday	08.00 - 13.00
Sunday	08.00 - 21.00*

*Easter Fitness Opening Hours

Friday 3rd April	08.00 - 16.00
Sunday 5th April	CLOSED
Monday 6th April	08.00 - 17.00