

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 |
| | 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 |

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|----------------|---------------|---------------------------|--------------|--------------|
| 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 | Dancercise (excl 5th May) | Larni | 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 | Yoga Flow | Chrisitna | Dance Studio |
| | 18.50 - 19.35 | Low Impact circuits | Sharni | Studio 1 & 2 |

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|------------------|---------------|--------------------------|--------------|--------------|
| 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 - 18.25 | 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 |
| | 10.00 - 11.00 | Zumba | Dani | Studio 1 & 2 |
| | 17.30 - 18.30 | Flow Yoga | Christina | Studio 1 & 2 |

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|------------|---------------|---------------------------|--------------|--------------|
| Sat | 08.15 - 09.00 | Bootcamp | Fitness Team | Studio 1 & 2 |
| | 09.15 - 10.00 | Boxfit* (excl 18th April) | Monte | Studio 1 & 2 |

*18th April Boxfit will be replaced with Bootcamp

| | | | | |
|------------|---------------|-------------------------|--------------|--------------|
| Sun | 09.15 - 10.00 | Circuits(excl 10th 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

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 details!

Fitness Products available at Oundle School Sports Centre...



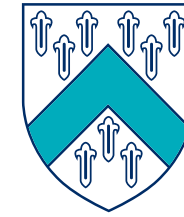
Give Myzone a try with a demo belt!

InBody370s

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

UPDATED 09.04.26

www.oundlesportscentre.co.uk



Oundle School
**SPORTS
CENTRE**

Fitness Suite and Class Timetable

**Monday 13th April
to Sunday 24th May**

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 |

*Sunday 10th May 16:30 - 21:30

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