

Class Timetable

	Time	Class	Instructor	Location
Monday	07.15 - 07.45	 Functional Fitness	Fitness Team	Studio 1 & 2
	09.45 - 10.45	 Mum & Baby	Shani	Dance Studio
	10.00 - 10.55	 Yogalates	Christina	Studio 1 & 2
	11.05 - 11.50	 Barre	Amy	Dance studio
	11.05 - 11.50	 Low Impact Circuits	Cherie	Studio 1 & 2
	12.00 - 13.00	 Pilates	Amy	Studio 1 & 2
	13.00 - 13.45	 Gentle Chair Flow	Christina	Dance Studio
	17.15 - 17.45	 Roxfit	Fitness Team	Studio 1 & 2
	17.50 - 18.50	 Ball Pilates	Dawn	Dance studio
	18.00 - 18.45	 Circuits	Tim	Studio 1 & 2
	19.00 - 20.00	 Step	Dawn	Studio 1 & 2
Tuesday	07.30 - 08.00	 Wake Up Hiit	Fitness Team	Studio 1 & 2
	09.30 - 10.30	 Step Aerobics	Dawn	Studio 1 & 2
	10.30 - 11.30	 Legs Bums & Tums	Dawn	Studio 3
	11.00 - 12.00	 Flow Yoga	Christina	Studio 1 & 2
	12.15 - 13.00	 Dancercise	Larni	Studio 1 & 2
	17.10 - 17.55	 Indoor Cycling	Helen	Studio 3
	18.00 - 18.45	 HIIT with Helen	Helen	Studio 3
	18.30 - 19.30	 Yoga Flow	Chrisitna	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 /Becky	Studio 1 & 2
	17.10 - 18.05	 Pump & Tone	Dawn	Studio 1 & 2
	17.30 - 18.30	 Functional Pilates	Nicky	Studio 3
	18.10 - 19.10	 Legs, Bums & Tums	Dawn	Studio 1 & 2
	19.15 - 19.45	 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
	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
	12.30 - 13.30	 Pump & Tone	Dawn	Studio 1 & 2
	17.30 - 18.30	 Flow Yoga	Christina	Studio 1 & 2
Sat	08.15 - 09.00	 Bootcamp	Fitness Team	Studio 1 & 2
	09.15 - 10.00	 Boxfit	Monte	Studio 1 & 2
Sun	09.15 - 10.00	 Circuits	Fitness Team	Studio 1 & 2

 Pool  Dance  Cardio  Mind & Body  Strength & Conditioning  Community

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...



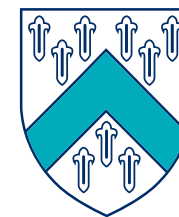
Give Myzone a try with a demo belt!

InBody370s

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

UPDATED 06.07.26

www.oundlesportscentre.co.uk



Oundle School
**SPORTS
CENTRE**

Fitness Suite and Class Timetable

**Monday 27th July
to Sunday 2nd August**

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 – 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

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