

Class Timetable

Monday 28th September to Sunday 4th October

	Time	Class	Instructor	Location
Monday	07.15 - 07.45	Functional Fitness	Fitness Team	Fitness Suite
	09.45 - 10.45	Mum & Baby	Shani	Studio 1 & 2
	10.00 - 10.55	Yogalates	Becky	Dance Studio
	12.00 - 13.00	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	Becky	Dance Studio
	17.30 - 18.15	Roxfit	Fitness Team	Studio 1 & 2
	18.00 - 18.55	Ball Pilates	Dawn	Dance Studio
	19.00 - 20.00	Step Aerobics	Dawn	Studio 1 & 2
Tuesday	07.15 - 07.45	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	Dance Studio
	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	Yoga Flow	Christina	Dance Studio
	18.45 - 19.30	Circuits	Tim	Studio 1 & 2
Wednesday	07.15 - 07.45	Wake up Hiit 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
	17.25 - 18.10	Upper Body Blitz	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 - 19.10	Flow Yoga	Christina	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 - 10.00	Barre	Amy	Dance Studio
	10.00 - 11.00	Zumba	Dani	Studio 1 & 2
	10.30 - 11.30	Pilates	Amy	Dance Studio
	12.30 - 13.30	Pump & Tone	Dawn	Studio 1 & 2
	18.30 - 19.30	Yoga Flow	Christina	Dance Studio
Saturday	08.15 - 09.00	Bootcamp	Fitness Team	Sports Hall
	09.15 - 09.45	HIIT	Fitness Team	Sports Hall
Sunday	09.15 - 10.00	Circuits	Fitness Team	Studio 1 & 2

■ Pool
 ■ Mind & Body
 ■ Cardio
 ■ Dance
 ■ Community
 ■ Strength & Conditioning





Fitness Suite & Class Timetable

**Monday 28th September
to Sunday 4th October**

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

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

Upper Body Blitz

A focused strength class that targets the arms, shoulders, chest, back and core. Using Barbells, Dumbbells, and Kettlebells.
The class develops strength, stability and muscle endurance.
Suitable for all abilities.

Yogalates

Yogalates is a fitness and wellness practice that combines elements of yoga and Pilates, creating a unique and comprehensive approach to physical fitness, flexibility, and mindfulness. It is designed to promote overall well-being by incorporating the principles and exercises of both yoga and Pilates into a single workout.

Aquafit & Express Aquafit

Aquafit is a fun and energetic class conducted in the pool. The unique physical properties of water provide an ideal environment for exercise adding additional resistance but with no impact on the body's joints.

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!