Oundle School
SPORTS
CENTRE

Fitness Suite & Class Timetable

Monday 16th November to Sunday 29th November

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	

Pop-Up Class Timetable

Tuesday 24th November

12.15 - 13.00	Dancercise	Larni	Studio 1 & 2

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 on 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!

Class Timetable

Monday 16th November to Sunday 29th November

Monday

Time	Class	Instructor	Location
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
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	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

Time	Class	Instructor	Location
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	Dance Studio
13.30 - 14.00	Express Aqua	Helen	23m Pool
12.15 - 13.00	Dancercise (exc 17th)	Larnie	Studio 1 & 2
17.10 - 17.55	Indoor Cycling	Helen	Studio 3
18.30 - 19.15	Circuits	Tim	Studio 1 & 2
18.30 - 19.30	Somatic Yoga (24th Nov only)	Emma	Dance Studio

*Excluding 24th November

Wednesday

Time	Class	Instructor	Location
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 - 18.05	Upper Body	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

Thursday

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
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	Pilates	Paula	Dance Studio

Friday

Time	Class	Instructor	Location
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	Studio 1 & 2
10.00 - 11.00	Zumba	Dani	Studio 1 & 2
12.30 - 13.30	Pump & Tone	Dawn	Studio 1 & 2
17.30 - 18.30	Somatic Yoga	Emma	Dance Studio

Sat

Time	Class	Instructor	Location
08.15 - 09.00	Bootcamp	Fitness Team	Sports Hall
09.15 - 09.45	Fitness Pop Up Class	Fitness Team	Sports Hall

Sun

Time	Class	Instructor	Location
09.15 - 10.00	Circuits	Fitness Team	Studio 1 & 2

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

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