

Group Exercise Timetable

2nd – 29th September 2019

Monday

0700-0730 Omnia
0930-1030 Pilates
0930-1030 Social Running Group
1030-1130 Zumba Gold
1145-1230 Stretch & Tone
1800-1845 Kettlercise
1845-1915 HIIT
1915-2015 Mixed Ability Spin
1915-2015 Power Yoga

Tuesday

0930-1000 Omnia
0915-1000 Aqua-Fit
0930-1030 Mixed Ability Spin
0930-1100 Hatha Yoga
1000-1200 Let's Get Active**
1100-1130 Gentle Omnia
1200-1300 Adult Swimfit
1730-1830 Bar & Bell
1800-1845 Adult Swimming Lessons
1830-1915 Mixed Ability Spin

Wednesday

0700-0730 Omnia
0915-1000 Omnia+
1000-1100 Step Fit Quick
1015-1100 Gentle Exercise (Omnia)
1315-1445 Gentle Yoga
1800-1900 Tri Swimming
1800-1900 Pilates
1830-1915 Omnia+
1900-2000 Zumba
1900-2000 New class coming soon!
1915-2015 Mixed Ability Spin
1915-1945 Core

Thursday

0930-1030 Studio Circuits
0915-1000 Aqua-Fit
1030-1100 50+ Group Omnia
1800-1845 Omnia+
1800-1930 Hatha Yoga
1900-2000 Mixed Ability Spin

Friday

0915-1000 Omnia +
0930-1030 Mixed Ability Spin
0945-1045 Legs, Bums & Tums
1100-1200 Zumba
1800-1900 Boxercise
1800-1900 Adult Swimfit

Sunday

0900-1000 Circuits
1010-1040 Omnia

KEY	CARDIO
	DANCE
	MIND & BODY
	STRENGTH & CONDITIONING
	CYCLE



01437 775678

** Suitable for adults with learning difficulties **

Version 2. Correct at the time of print.

Booking/Cancellation Policy applies. Online booking available.

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