

Group Exercise Timetable

8th January – 15th April

Monday

06:50 – 07:20	Les Mills GRIT Strength
09:00 – 09:55	Exercise Ref Tai Chi
09:00 – 09:55	Aqua Fit
09:30 – 10:30	Les Mills Body Pump
10:00 – 10:55	Aqua Therapy
16:15 – 17:15	Vinyassa Yoga
17:30 – 18:00	Les Mills Body Pump Express
18:00 – 19:00	Les Mills Body Attack
18:00 – 19:00	Intermediate Spin
19:00 – 20:00	Beginners Spin
19:00 – 20:00	Core Balance

Tuesday

06:50 – 07:20	Les Mills Grit Plyo
09:30 – 10:30	Les Mills Body Attack
10:30 – 11:30	Legs, Bums & Tums
17:30 – 18:00	Les Mills Body Pump Express
17:30 – 18:00	Express Spin
18:00 – 19:00	Intermediate Spin
18:00 – 19:00	Circuits
19:00 – 20:00	Beginners Spin
19:00 – 20:00	Pilaticise

Wednesday

06:50 – 07:20	Les Mills GRIT Cardio
07:00 – 08:00	Mixed Abilities Spin
09:30 – 10:00	Core Strength
10:00 – 11:00	Figure Fit
10:30 – 11:00	Express Spin
12:00 – 13:00	Beginners Pilates
17:00 – 18:00	Exercise Referral Circuits
17:30 – 18:00	Les Mills GRIT Cardio
18:00 – 19:00	Les Mills Body Pump
19:00 – 20:00	Kettlercise
19:00 – 20:00	Core Balance

Thursday

06:50 – 07:20	Les Mills Grit Cardio
11:00 – 12:00	Gentle Keep Fit
16:30 – 18:00	Hatha Yoga
17:30 – 18:00	Les Mills Grit
18:00 – 18:30	Les Mills Body Attack
18:30 – 19:00	Core Strength
18:00 – 19:00	Beginners Spin

Friday

06:50 – 07:20	Les Mills GRIT Strength
08:15 – 09:15	Pilates
09:30 – 10:30	Les Mills Body Attack
10:30 – 11:15	Core Conditioning
14:30 – 15:30	Aqua Fit
17:30 – 18:00	Les Mills Body Pump Express
17:30 – 18:30	Mixed Ability Spin
18:00 – 19:00	Kettlercise
19:00 – 20:00	Interval Step

Saturday

08:30 – 09:30	P90X
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Sunday

10:00 – 11:00	Core Balance
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K E Y	CARDIO
	STRENGTH & CONDITIONING
	MIND & BODY
	SPINNING

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