

# Group Exercise Timetable

4th June – 29<sup>th</sup> July

## 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 – 20:00 | Spin for Tri                |
| 19:00 – 20:00 | Core Balance                |

## Tuesday

|               |                             |
|---------------|-----------------------------|
| 06:50 – 07:20 | Les Mills Grit Plyo         |
| 07:00 – 07:30 | Synergy                     |
| 09:30 – 10:30 | Les Mills Body Attack       |
| 10:30 – 11:30 | Legs, Bums & Tums           |
| 13:00 – 14:00 | Buggy Fit                   |
| 17:30 – 18:00 | Les Mills Body Pump Express |
| 17:30 – 18:00 | Express Spin                |
| 18:00 – 19:00 | Beginners Spin              |
| 18:00 – 19:00 | Kettlercise                 |
| 19:00 – 20:00 | Intermediate Spin           |
| 19:00 – 20:00 | Pilaticise                  |

## Wednesday

|               |                            |
|---------------|----------------------------|
| 06:50 – 07:20 | Les Mills GRIT Strength    |
| 10:00 – 11:00 | Total Body workout         |
| 09:30 – 10:00 | 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 | Circuits                   |
| 19:00 – 20:00 | Core Balance               |

## Thursday

|               |                           |
|---------------|---------------------------|
| 06:50 – 07:20 | Les Mills Grit Cardio     |
| 09:30 – 10:00 | Synergy (Women Only)      |
| 11:00 – 12:00 | Gentle Keep Fit           |
| 16:30 – 18:00 | Hatha Yoga                |
| 17:30 – 18:00 | Les Mills Grit            |
| 18:00 – 18:45 | Les Mills Body Attack 45* |
| 18:00 – 19:00 | Intermediate spin         |

## Friday

|               |                             |
|---------------|-----------------------------|
| 06:50 – 07:20 | Les Mills GRIT Strength     |
| 08:15 – 09:15 | Pilates                     |
| 09:30 – 10:30 | Les Mills Body Attack       |
| 12:00 – 12:45 | Stretch & Flexibility *New* |
| 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 |
|---------------|------|

## Sunday

|               |              |
|---------------|--------------|
| 10:00 – 11:00 | Core Balance |
|---------------|--------------|

\*All classes will require advanced booking and a minimum of 5 in attendance for the class to run\*

|             |                         |
|-------------|-------------------------|
| K<br>E<br>Y | CARDIO                  |
|             | STRENGTH & CONDITIONING |
|             | MIND & BODY             |
|             | SPINNING                |

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