

Group exercise Timetable

3rd September – 28th October

Monday

0650 – 0720	Les Mills GRIT Strength
0930 – 1030	Les Mills Body Pump
1615 – 1715	Vinyassa Yoga
1730 – 1800	Les Mills Body Pump Express
1800 – 1900	Les Mills Body Attack
1800 – 1900	Beginners Spin
1900 – 2000	Advanced Spin
1900 – 2000	Core Balance

Tuesday

0650 – 0720	Les Mills Grit Plyo
0930 – 1000	Les Mills Body Pump Express
1000 – 1030	Les Mills Body Attack Express
1030 – 1130	Legs Bums & Tums
1730 – 1800	Les Mills Body Pump Express
1730 – 1800	Express Spin
1800 – 1900	Beginners Spin
1800 – 1900	Kettlercise
1900 – 2000	Intermediate Spin
1900 – 2000	Pilaticise

Wednesday

0650 – 0720	Les Mills GRIT Strength
0930 – 1000	Express Spin
1000 – 1100	Total Body workout
1200 – 1300	Beginners Pilates
1700 – 1800	Exercise Referral Circuits
1730 – 1800	Les Mills GRIT Cardio
1800 – 1900	Les Mills Body Pump
1900 – 2000	Circuits
1900 – 2000	Core Balance

Thursday

0650 – 0720	Les Mills Grit Cardio
0930 – 1000	Synrgy (Women Only)
1045 – 1145	Gentle Keep Fit
1630 – 1800	Hatha Yoga
1730 – 1800	Les Mills Grit
1800 – 1845	Les Mills Body Attack 45
1800 – 1900	Beginners Spin

Friday

0650 – 0720	Les Mills GRIT Strength
0815 – 0915	Pilates
0930 – 1030	Les Mills Body Attack
1730 – 1800	Les Mills Body Pump Express
1730 – 1830	Mixed Ability Spin
1800 – 1900	Kettlercise
1900 – 2000	Interval Step

Saturday

0830 – 0930	P90X
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Sunday

1000 – 1100	Core Balance
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01437 776455

*Booking & Cancellation Policy Applies

*Online Booking Available



Tel: 01437 775959

K E Y	CARDIO
	STRENGTH & CONDITIONING
	MIND & BODY
	CYCLE