

## Group Exercise Timetable

5<sup>th</sup> August – September 1<sup>st</sup>

**\*All morning GRIT classes will commence at 0630 from 5<sup>th</sup>\* August**

### Monday

|             |                             |
|-------------|-----------------------------|
| 0630 – 0700 | Les Mills GRIT              |
| 0800 – 0830 | Synrgy                      |
| 0930 – 1030 | Les Mills Body Pump         |
| 1200 – 1300 | AquaFit                     |
| 1730 – 1800 | Les Mills Body Pump Express |
| 1800 – 1900 | Les Mills Body Attack       |
| 1730 – 1800 | Express Spin                |
| 1800 – 1900 | Spin                        |
| 1900 – 2000 | Retro Aerobics              |

### Tuesday

|             |                               |
|-------------|-------------------------------|
| 0630 – 0700 | Les Mills GRIT                |
| 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 | Spin                          |
| 1800 – 1900 | Les Mills Body Balance        |
| 1900 – 2000 | AquaFit                       |

### Wednesday

|             |                            |
|-------------|----------------------------|
| 0630 – 0700 | Les Mills GRIT             |
| 0915 – 0945 | Express Spin               |
| 1000 – 1100 | Les Mills Body Balance     |
| 1200 – 1300 | Beginners Pilates          |
| 1700 – 1800 | Exercise Referral Circuits |
| 1730 – 1800 | Les Mills GRIT             |
| 1800 – 1900 | Les Mills Body Pump        |
| 1900 – 2000 | Kettlercise                |
| 1900 – 2000 | Core Balance               |

### Thursday

|             |                          |
|-------------|--------------------------|
| 0630 – 0700 | Les Mills GRIT           |
| 0930 – 1000 | Synrgy (Women Only)      |
| 1045 – 1145 | Gentle Keep Fit          |
| 1730 – 1800 | Les Mills GRIT           |
| 1800 – 1845 | Les Mills Body Attack 45 |
| 1800 – 1900 | Spin                     |

### Friday

|             |                             |
|-------------|-----------------------------|
| 0630 – 0700 | Les Mills GRIT              |
| 0815 – 0915 | Pilates                     |
| 0930 – 1030 | Les Mills Body Attack       |
| 1730 – 1800 | Les Mills Body Pump Express |
| 1800 – 1900 | Les Mills Body Balance      |
| 1900 – 2000 | Interval Step               |

### Saturday

|             |      |
|-------------|------|
| 0830 – 0930 | P90X |
|-------------|------|

### Sunday

|             |               |
|-------------|---------------|
| 0830 – 0930 | Les Mills Mix |
| 1000 – 1100 | Core Balance  |

For a copy in large print, Braille, audio tape or an alternative language, please call:  
01437 776455

\*Booking & Cancellation Policy Applies

\*Online Booking Available



**Tel: 01437 775959**

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