

# GROUP EXERCISE TIMETABLE

From mid February 2012

## MONDAY

9.15-10.15	Body Attack	Joss	Gen-T	S
10.45-11.45	ZUMBA	Sarah C	Gen-T	S
12.15-1.00	Pilates Based Matworks	Vicky	Gen	S
1.15-2.15	Pilates Based Matworks	Vicky	Gen	S
1.15-2.00	<b>Spin*</b>	Dave	Gen	Sp
2.30-3.30	Silver Lining	Jill	Gen	S
4.25-4.55	Dance Mini's	Natalie	4-6's	S
5.00-5.45	Dance Diva's	Natalie	7-11's	S
6.00-7.00	Monday Motivator	Vicky	Gen-T	S
6.25-6.55	<b>Spin*</b>	Paul	Gen	Sp
7.00-7.45	<b>Spin*</b>	Paul	Int	Sp
7.00-8.00	Pilates Based Matworks	Vicky	Gen	S
8.00-9.00	ZUMBA	Sarah C	Gen-T	S

## TUESDAY

9.15-10.15	Body Combat	Heather	Gen-T	S
9.30-10.00	<b>Spin*</b>	Tina	Gen	Sp
10.45-11.45	Body Balance	Elaine T	Gen	S
1.15-2.15	Yoga Fitness Training	Jane	Gen	S
6.00-7.00	<b>Body Pump*</b>	Heather	Gen	S
6.15-6.45	<b>Spin*</b>	Tanya	Gen	Sp
6.15-7.15	Super Circuits	Dennis	Gen	B
7.00-8.00	Body Jam	Heather	Gen-T	S
7.00-7.15	Spin Technical Training	Tanya	Beg	Sp
7.15-7.45	<b>Spin*</b>	Tanya	Beg	Sp
8.00-9.00	Absolution <b>NEW DAY</b>	Sharon	Gen	S

## WEDNESDAY

9.15-10.15	Power Walking	Jill	Gen-T	O
9.15-10.15	<b>Body Pump*</b>	Karen	Gen	S
10.45-11.45	Pilates Based Matworks	Vicky	Gen	S
1.00-1.15	Spin Technical Training	Paul	Gen	Sp
1.15-1.45	<b>Spin*</b>	Paul	Beg	Sp
1.15-2.00	Fitball Conditioning	Vicky	Gen	S
2.00-2.45	Aqua Fit	Clare	Gen-T	P
4.30-5.00	Kidz Cardio Circuits <b>NEW</b>	Tanya	4-6's	B
5.00-5.45	Kidz Cardio Circuits <b>NEW</b>	Tanya	7-15's	B
6.00-7.00	<b>Stepping Out*</b>	Simon	Gen-T	S
6.15-7.15	Functional Fitness Training	Si J	Gen	B
6.30-7.00	<b>Spin*</b>	Dave	Gen	Sp
7.00-7.45	Aqua Fit	Clare	Gen-T	P
7.00-8.00	<b>Body Pump*</b>	Simon	Gen	S
8.00-9.00	Boxercise	Tina	Gen	S
7.30-8.30	Adult 5 a-side Football	Unsupervised		O

## THURSDAY

9.15-10.15	Boxercise	Tina	Gen-T	S
9.30-10.15	<b>Spin*</b>	Paul	Int	Sp
10.45-12.15	Hatha Yoga <b>NEW TIME</b>	Jacqui	Gen	S
1.15-2.15	<b>Post Natal*</b>	Karen	PN	S
2.30-3.30	Gentle Yoga <b>NEW DESCRIPTION</b>	Jacqui	Gen	S
3.30-4.00	Relaxation <b>NEW</b>	Jacqui	Gen	S
6.00-7.00	Body Attack	Sarah M	Gen-T	S
6.45-7.30	<b>Spin*</b>	Jen	Int	Sp
7.00-8.00	Body Combat	Heather	Gen-T	S
7.30-7.45	Spin Technical Training	Tina	Beg	Sp
7.45-8.15	<b>Spin*</b>	Tina	Beg	Sp
8.00-9.00	Body Balance <b>NEW INSTRUCTOR/DAY</b>	Karen	Gen	S

## FRIDAY

9.15-10.15	Dance 'n' Tone <b>NEW DESCRIPTION</b>	Natalie	Gen	S
10.45-11.45	Body Jam	Ellie	Gen-T	S
1.15-1.45	<b>Spin*</b>	Dave	Gen	Sp
1.15-2.15	Body Combat	Heather	Gen-T	S
2.30-3.30	Silver Service	Elaine B	Gen	S
6.00-7.00	<b>Body Pump*</b>	Simon	Gen	S
6.30-7.15	Aqua Fit	Clare	Gen-T	P
7.30-8.30	Adult 5 a-side Football	Unsupervised		O

## SATURDAY

9.00-10.00	Body Attack	Heather	Gen-T	S
10.00-11.00	Body Jam	Simon	Gen-T	S
10.00-10.45	<b>Spin*</b>	Romey	Int	Sp
11.00-12.00	Pilates Based Matworks	Heather	Gen	S

## SUNDAY

9.30-10.00	<b>Spin*</b>	Tanya	Gen	Sp
10.00-11.00	ZUMBA	Natalie	Gen-T	S
10.30-10.50	<b>Kidz Spin*</b>	Tanya	Gen	Sp
11.15-12.15	<b>Body Pump*</b>	Natalie	Gen	S
11.00-11.45	Mels Movers	Mel	7-11's	B
6.15-7.45	Hatha Yoga	Mark	Gen	S

Key : S=Studio Sp= Spin Room P=Pool O=Outdoor B=Badminton

\* Denotes classes that should be booked, you may do this from 8am the previous day

• Call 01256 362222 to book

Beg – slow pace, low impact sessions  
Gen – moderate but challenging for all levels

Gen-T – Teenagers may attend (12+)  
Int – intense and challenging, for experienced participants