

GROUP EXERCISE TIMETABLE

From March 2010

MONDAY

9.15-10.15	Body Attack*	Joss	Gen-T	S
10.45-11.45	Hoop Performance*	Bee	Gen	S
1.00-2.00	Pilates Based Matworks	Vicky	Gen	S
1.15-2.00	Spin*	Dave	Gen	Sp
2.15-3.15	Silver Lining	Jill	Gen	S
4.30-5.10	TwinkleToes	Rachel	4-7's	S
5.15-6.00	Girls A Loud	Rachel	8-11's	S
6.00-7.00	Monday Motivator	Vicky	Gen-T	S
6.25-6.55	Spin*	Paul	Gen	Sp
7.00-7.45	Spin*	Paul	Int	Sp
7.00-8.00	Pilates	Vicky	Gen	S
8.00-9.00	Fitball Conditioning	Sue	Gen	S

TUESDAY

9.15-10.15	Body Combat	Heather	Gen-T	S
9.30-10.00	Spin*	Tina	Gen	Sp
10.45-11.45	Body Balance	Elaine T	Gen	S
1.00-2.00	Yoga Fitness Training	Nicky	Gen	S
6.00-7.00	Body Pump*	Heather	Gen	S
6.15-6.45	Spin*	Dave	Gen	Sp
6.15-7.15	Super Circuits	Dennis	Gen	L
7.00-8.00	Body Jam	Heather	Gen-T	S
7.30-7.45	Spin Technical Training	Tanya	Beg	Sp
7.45-8.15	Spin*	Tanya	Beg	Sp
8.00-9.00	Body Balance	Rachael	Gen	S

WEDNESDAY

9.15-10.15	Power Walking	Jill	Gen-T	O
9.15-10.15	Body Pump*	Karen	Gen	S
10.45-11.45	Pilates Based Matworks	Vicky	Gen	S
1.00-1.45	Fitball Conditioning	Vicky	Gen	S
1.00-1.15	Spin Technical Training	Paul	Gen	Sp
1.15-1.45	Spin*	Paul	Beg	Sp
2.00-2.45	Aqua Fit	Clare	Gen	P
6.00-6.20	Kidz Spin*	Dave	Gen	Sp
6.00-7.00	Stepping Out*	Simon O	Gen-T	S
7.00-7.45	Aqua Fit	Clare	Gen-T	P
7.00-7.45	Spin*	Dave	Int	Sp
7.00-8.00	Body Pump*	Simon O	Gen	S
8.00-9.00	Boxercise*	Tina	Gen-T	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	Spin*	Paul	Int	Sp
10.45-11.45	Hatha Yoga	Jacqui	Gen	S
11.45-12.15	Relaxation	Jacqui	Gen	S
1.15-2.15	Post Natal*	Karen	PN	S
2.30-4.00	HathaYoga	Jacqui	Gen	S
4.30-5.10	Twinkletoes	Rachel	4-7's	S
5.10-5.55	Martial Arts	Tanya	7+	S
6.00-7.00	Body Attack*	Rob	Gen-T	S
6.45-7.30	Spin*	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	Spin*	Tina	Beg	Sp
8.00-9.00	Hoop Performance*	Bee	Gen	S

FRIDAY

9.15-10.15	Body Conditioning	Nicky	Gen	S
10.45-11.45	Body Jam	Ellie	Gen-T	S
1.00-1.30	Spin*	Tori	Gen	Sp
1.15-2.15	Body Combat	Heather	Gen-T	S
2.15-3.15	Silver Service	Elaine	Gen	S
6.00-7.00	Body Pump*	Simon O	Gen	S
6.30-7.15	Aqua Fit	Clare	Gen-T	P
7.30-8.30	Dru Yoga	Emma	Gen	S
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 O	Gen-T	S
10.00-10.45	Spin*	Romey	Int	Sp
11.00-12.00	Pilates Based Matworks	Heather	Gen	S
11.00-12.00	Running Club	Jill	Gen	O

SUNDAY

10.15-11.15	Step Up*	Simon O	Gen-T	S
11.15-12.15	Body Pump*	Simon O	Gen	S
11.00-11.45	Mels Movers	Mel	7-11's	L
1.00-1.30	Spin*	Tanya	Gen	Sp
6.15-7.45	Hatha Yoga	Mark	Gen	S

Key : S=Studio Sp= Spin Room P=Pool G=Gym O=Outdoor L=LevelOne

* 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