

**KINGSWAY LEISURE CENTRE – AEROBIC TIMETABLE
FROM JANUARY 2011**

<u>MONDAY</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>	<u>LOCATION</u>
0930 – 1015	Water Fitness	Charlotte	Main Pool
0945 – 1030	Legs, bums & tums	Amie	Studio 1
1030 – 1130	Yogalates	Cathy	Studio 1
1730 – 1800	Group Cycling Express	Amie	Gym
1730 – 1800	Ab Attack	Mark	Studio 1
1800 – 1900	Body Pump©	Mark	Studio 1
1915 – 2015	Mind, Body&Soul *NEW*	Rob	Studio 1
1930 - 2015	Group Cycling	Sadie	Gym
<u>TUESDAY</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>	<u>LOCATION</u>
0945 – 1030	Group Cycling	Charlotte	Gym
1230 – 1330	50+	Christine	Gymnasium
1800 – 1900	Body Attack©	Sadie	Studio 2
1830 – 1930	Yoga	Lynne	Studio 1
1830 – 1915	Group Cycling	Amie	Gym
1915 – 2000	Deep Water Fitness	Charlotte	Main Pool
2000 - 2100	Zumba	Gill	Studio 1
<u>WEDNESDAY</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>	<u>LOCATION</u>
0930 - 1015	Water Fitness	Charlotte	Main Pool
0945 – 1030	Boxercise	Amie	Studio 1
1030 – 1130	Gentle Circuit	Sue	Studio 1
1830 – 1930	Legs, bums & tums	Gemma	Studio 1
1830 – 1915	Group Cycling	Mark	Gym
1930 – 2030	Body Balance©	Sue S	Studio 2
<u>THURSDAY</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>	<u>LOCATIO</u>
0945 – 1100	Vicious Cycle *NEW*	Charlotte	Gym/Studio 1
1800 - 1900	Body Attack©	Sadie	Studio 1
1830 - 1915	Group Cycling	Rob	Gym
1930 – 2030	Zumba	Charleyne	Gymnasium
1930 – 2030	Circuit Combo 20/20/20	Rob	Studio 1
<u>FRIDAY</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>	<u>LOCATION</u>
0930 - 1015	Water Fitness	Charlotte	Small Pool
1030 - 1100	Group Cycling Express	Charlotte	Gym
1230 - 1330	50+	Christine	Gymnasium
1730 - 1800	Group Cycling Express	Cara	Gym
<u>SATURDAY</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>	<u>LOCATION</u>
1000 - 1045	Group Cycling	Mark	Gym
<u>SUNDAY</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>	<u>LOCATION</u>
1000 - 1100	Boot Camp Circuit	Mark	Sports Hall