

# SUMMER Group Exercise Timetable

Monday 26th July-Sunday 5th September 2010

<b>MON</b>	07.00-07.30	Indoor Cycling	Fitness Team	Gym	<b>THU</b>	09.45-10.15	Indoor Cycling	Fitness Team	Gym	
	09.00-09.55	50+ Keep Fit	Ann	Main Hall		10.30-11.25	Body Pump	Jo/Liz	Studio 2	
	09.30-10.25	Fatblaster	Jo	Studio 2		12.30-13.15	Indoor Cycling	Fitness Team	Gym	
	10.30-11.25	Body Pump	Jo	Studio 2		16.00-17.00	Teen Workout	Fitness Team	Gym	
	11.40-12.25	Speedo Deepwater Aqua	Sian	Main Hall		17.30-18.25	Total Body workout	Amy	Studio 2	
	12.30-13.15	Indoor Cycling	Fitness Team	Gym		18.00-18.30	Indoor Cycling	Fitness Team	Gym	
	12.30-13.25	Body Balance	Helen	Studio 2		18.00-18.55	Body Jam	Melanine	Studio 2	
	17.30-18.25	After Workout	Janice	Studio 2		18.30-19.25	Body Pump	Janice	Studio 2	
	18.00-18.25	Indoor Cycling	Fitness Team	Gym		19.00-19.45	Aquacise	Jo Jeffcoate	Learner Pool	
	18.30-19.25	Body Pump	Janice	Studio 2		19.05-19.55	Body Combat	Jo	Main Hall	
	18.05-18.55	Total Body Workout	Sian	Main Hall		19.15-20.10	Yoga	Sandra	Studio 1	
	18.00-18.55	Body Balance	Melanie	Studio 1		19.15-20.00	Indoor Cycling	Damian	Gym	
	18.30-18.55	Indoor Cycling (Beg)	Fitness Team	Gym		20.15-21.10	Pilates (Drop In)	Rebecca	Studio 1	
	19.00-19.45	Indoor Cycling	Fitness Team	Gym		20.30-21.25	Yoga (Course)	Sandra	Studio 2	
	19.05-20.00	Aquacise	Sian	Learner Pool		<b>FRI</b>	09.00-09.55	50+ Keep Fit	Ann	Main Hall
	19.05-19.55	Circuit Training	Liz	Main Hall			09.30-10.25	Body Jam	Melanie	Studio 2
	19.00-19.55	Step`n`Tone	Melanie	Studio 1			10.30-11.25	Step`n`Tone	Melanie	Studio 2
20.00-20.30	Indoor Cycling	Fitness Team	Gym	11.40-12.25	Speedo Deepwater Aqua		Sian	Main Pool		
20.05-21.00	Body Combat	Liz	Studio 1	12.30-13.25	Body Combat		Helen w	Studio 2		
<b>TUE</b>	09.30-10.15	Indoor Cycling	Fitness Team	Gym	16.00-17.00	Teen Workout	Fitness Team	Gym		
	17.25-18.10	Aeroblitz	Amy	Studio 1	18.00-18.30	Indoor Cycling	Heather/Kim	Gym		
	18.00-18.25	Indoor Cycling	Fitness Team	Gym	18.00-18.55	Body Attack	Liz	Studio 2		
	18.00-18.55	Body Pump	Liz	Studio 2	18.30-19.25	Boxercise	Roger & Alan	Studio 1		
	18.15-19.10	Total Body Workout	Jo	Studio 1	<b>SAT</b>	08.30-08.55	Indoor Cycling	John	Gym	
	18.30-18.55	Indoor Cycling (Beg)	Fitness Team	Gym		09.00-09.30	Indoor Cycling	John	Gym	
	19.00-19.45	Aquacise	Ness	Learner Pool		09.30-10.25	Total Body Workout	Melanie	Studio 2	
	19.15-20.00	Indoor Cycling	Kim	Gym		10.30-11.15	Indoor Cycling	Fitness Team	Gym	
	19.00-19.55	Body Pump	Liz	Studio 2		10.30-11.25	Body Balance	Melanie	Studio 2	
	19.15-20.10	Fatblaster	Jo	Studio 1	11.30-12.25	Body Pump	Liz/Allan	Studio 2		
20.15-21.10	Body Combat	Liz	Studio 2	14.00-15.00	Teen Workout	Fitness Team	Gym			
<b>WED</b>	07.00-07.30	Indoor Cycling	Fitness Team	Fitness Team	15.00-16.00	Teen Workout	Fitness Team	Gym		
	09.00-09.55	50+ Keep Fit	Ann	Main Hall	<b>SUN</b>	09.15-09.45	Indoor Cycling	Fitness Team	Gym	
	09.30-10.25	Total Body Workout	Jenny	Studio 2		10.00-10.55	Circuit Training	Liz	Studio 1	
	11.40-12.25	Speedo Deepwater Aqua	Sian	Main Pool		10.00-10.55	Sunday Blast	Janice	Studio 2	
	12.30-13.25	Body Combat Express	Helen	Studio 2		14.00-15.00	Teen Workout	Fitness Team	Gym	
	17.15-18.00	Body Balance Express	Dawn	Studio 1		15.00-16.00	Teen Workout	Fitness Team	Gym	
	17.15-18.00	Body Pump Express	Jo	Studio 2						
	18.00-18.45	Indoor Cycling	Fitness Team	Gym						
	18.00-18.55	Total Body Workout	Melanie	Studio 2						
	18.00-18.55	Body Combat	Liz	Studio 1						
	19.00-19.55	Body Attack	Claire	Studio 1						
	19.05-19.55	Circuit Training	Liz	Main Hall						
	19.00-19.55	Body Pump	Allan	Studio 2						
	20.30-21.00	Indoor Cycling	Allan	Gym						
	20.30-21.25	Pilates (course)	Marion	Studio 1						

Please note, all classes are subject to change

**Summer Savings Offer!**  
**Buy 10 classes for just £40!**

Classes must be used within 3 months of purchase date