

# Group Workout Timetable

This timetable starts Tuesday January 3<sup>rd</sup> 2012  
**Monday to Friday daytime classes stop from 13/02/12 to 17/02/12 (Except Group Cycling)**  
 Evening and weekend classes run as per normal.

**Body Balance launch - FREE to ALL.**  
**Wednesday 11<sup>th</sup> January @ 7.30pm -**  
**Book your place at reception now.**  
 (Please note 7.30pm LBT will not run on this day)

## Morning Classes

Day	Class	Time	Instructor	Notes
MON	Monday Blitz	9.30am - 10.30am	With Toni*	
MON	Group Cycling	10.00am - 10.45am	With Jo*	
MON	Zumba	10.30am - 11.30am	With Perry*	
TUE	Body Conditioning	9.30am - 10.30am	With Lou*	
TUE	Group Cycling	10.00am - 10.45am	With Joss*	
WED	Body Pump	9.15am - 10.00am	With Jane*	
WED	LBT	10.00am - 10.45am	With Toni*	
WED	Group Cycling	10.00am - 10.30am	With Jane*	
THU	Aero Step	9.15am - 10.00am	With Ann*	
THU	Group Cycling	10.00am - 10.30am	With Sophie*	
THU	Zumba	10.00am - 11.00am	With Kayleigh*	NEW CLASS
FRI	Body Balance	9.30am - 10.30am	With Toni*	
FRI	Group Cycling	10.00am - 10.45am	With Gym*	
SAT	Aero Step	9.30am - 10.30am	With Lorraine*	
SAT	Body Combat	10.30am - 11.30am	With Ann*	
SAT	Group Cycling	10.30am - 11.15am	With Nigel*	
SAT	Group Cycling	11.30am - 12.00pm	With Nigel*	
SUN	Body Pump	9.30am - 10.30am	With Jane	
SUN	Group Cycling	9.45am - 10.30am	With Gym	
SUN	Bokwa	10.30am - 11.30am	With Chika	NEW CLASS

Class Prices	Full Member	Centre Member	Non Member
Bodybalance	FREE	£4.20(am) £5.20(pm)	£5.40(am) £6.40(pm)
Body pump	Free(am) £1(pm) £1(on a Sunday)	£3.70(am) £5.80(pm)	£4.90(am) £6.90(pm)
Body Combat	FREE	£5.20	£6.40
Group Cycling	FREE	£5.20	£6.40
Body Conditioning	FREE	£4.20	£5.40
Aero Step	FREE	£5.20	£6.40
Aero Step 45mins	FREE	£3.70	£4.90
Monday Blitz	FREE	£4.20	£5.40
Bootcamp Circuits	FREE	£5.20	£6.40
Boxercise	FREE	£5.20	£6.40
LBT	FREE	£3.70(am, 45min) £5.20(pm)	£4.90(am, 45min) £6.40(pm)
Zumba	£2.00	£3.50	£5.00
Pilates pay as you go	£2.00	£3.50	£5.00
Bokwa	FREE	£5.20	£6.40

## Evening Classes

Day	Class	Time	Instructor	Notes
MON	Group Cycling	6.00pm - 6.45pm	With Wes	
MON	Boxercise	6.30pm - 7.30pm	With Emma W	
MON	LBT	6.30pm - 7.30pm	With Ann	
MON	Group Cycling	7.00pm - 7.30pm	With Wes	
MON	Body Combat	7.30pm - 8.30pm	With Becky	
MON	Body Pump	7.30pm - 8.30pm	With Joss	NEW CLASS
MON	Zumba	8.30pm - 9.30pm	With Becky	
TUE	Group Cycling	6.00pm-6.30pm	With Nigel	
TUE	Body Combat	6.30pm - 7.30pm	With Sam	
TUE	Group Cycling	6.30pm-7.30pm	With Nigel	
TUE	Bokwa	7.30pm - 8.30pm	With Katie	NEW CLASS
TUE	Body Balance	8.30pm - 9.30pm	With Linda	
WED	Body Combat	6.30pm-7.30pm	With Ann	
WED	Bootcamp Circuits	7.30pm-8.30pm	With Jane	
WED	LBT	7.30pm-8.30pm	With Ann	
WED	Zumba	8.30pm-9.30pm	With Perry	
THU	Body Pump	6.30pm-7.30pm	With Ann	
THU	Group Cycling	6.30pm-7.15pm	With Joss	
THU	Group Cycling	7.30pm-8.00pm	With Joss	
THU	Bokwa	7.00pm-8.00pm	With Chika	NEW CLASS
THU	Pilates pay as you go	8.30pm-9.30pm	With Emma	
FRI	Group Cycling	6.00pm-6.45pm	With Mal	
FRI	Friday Zumba	6.30-7.30pm	** see flyers, posters for dates	
SAT				
SUN				



Members will be charged for non attendance / non collection of tickets and late cancellation (on the day or day before) for all classes that carry member charges.

£2 will be charged to members for the above reasons in relation to all Group Cycling Classes which are otherwise FREE sessions. Members can book 6 days in advance.

We regret that non members who pre-book onto classes cannot be refunded or transferred to another day/class if they fail to attend a booked session. Non members can book 48hr in advance with payment at time of booking.

You should not exercise beyond your own abilities. If you have any concerns about your health please seek advice from a relevant medical professional before participating in any class or activity. Bring water and a towel to all sessions.



\*Denotes Crèche available during this class  
 \*\*See posters/flyers for Friday Zumba dates.  
 Does **not** run every Friday



Facilities managed by DC Leisure in partnership with Kingston Council