

NEW!

Workout Timetable

Starts Monday September 6th 2010

Monday

09.15 – 10.00
10.00 – 10.45
10.45 – 11.45
18.15 – 19.00
19.00 – 19.45
19.45 – 20.30

Class

Legs, Bums & Tums
Studio Strength **NEW**
Fitness Yoga **NEW**
Pilates
Shape & Tone
Shape & Tone

Class Type

Toning
Strengthening
Mind & Body
Mind & Body
Toning
Toning

Tuesday

09.00 – 10.00
10.00 – 12.00
18.15 – 19.00
19.00 – 20.00
19.50 – 20.40
20.00 – 20.45

Zumba **NEW**
Active Lifestyle
Studio Strength **NEW**
Boxercise
Aqua Fit
Fitness Courses

Dance
Over 50's
Strengthening
High Energy
Aqua
Gym Team

Wednesday

08.30 – 09.30
09.30 – 10.15
10.15 – 11.15
18.00 – 18.45
18.45 – 19.30

Aqua Fit
Conditionize
Balance
HiLo Blitz **NEW**
Fitness Yoga

Aqua
Toning
Mind & Body
High Energy
Mind & Body

Thursday

09.15 – 10.00
10.00 – 12.00
12.15 – 13.15
18.15 – 19.00
19.00 – 20.00
20.00 – 21.00

Studio Strength **NEW**
Active Lifestyle
Fitness Yoga **NEW**
Kick Box **NEW**
Legs, Bums & Tums
Zumba **NEW**

Strengthening
Over 50's
Mind & Body
High Energy
Toning
Dance

Friday

09.30 – 10.30
10.30 – 11.30
18.00 – 18.45
18.45 – 19.30

Conditionize
Pilates
HiLo Blitz **NEW**
Core Fit

Toning
Mind & Body
High Energy
Strengthening

Saturday

08.30 – 09.30
09.30 – 10.15
10.15 – 11.15

Studio Strength **NEW**
Shape & Tone
Pilates

Strengthening
Toning
Studio

Sunday

09.15 – 10.00
10.30 – 11.30

Aqua Fit **NEW**
Balance

Aqua
Mind & Body

For more information, please contact Godalming Leisure Centre on 01483 417282



Managed by DC Leisure with the support of Waverley Borough Council