

Revised Lime Kiln Leisure Centre
Workout Timetable from 7 February to 31 March 2012

Day	Time	Level	Session	Location
Monday	6.00pm-7.00pm	3-4	Boxercise	Movement studio
	7.00pm-8.00pm	3-5	Body Pump	Movement studio
	8.00pm-9.00pm	1-3	Body Balance	Movement studio
Tuesday	6.00pm-7.00pm	2-4	Zumba	Sport Hall
	7.00pm-8.00pm	3-5	Circuits	Sport Hall
Wednesday	9.00am-10.00am	2-4	Body Conditioning	Movement studio
	10.30am-11.30am	1-2	Nifty fifty	Movement studio
	6.30pm-7.30pm	3-5	Body Pump	Movement studio
	7.30pm-8.30pm	3-5	Boxercise	Movement studio
Thursday	10.00am-11.00am	1-3	Fitness Pilates	Movement studio
	11.15am-12.00pm	2-3	Zumba Gold	Movement studio
	3.30pm-4.30pm	2-4	Junior Boxercise (11-15 years)	Movement studio
	5.00pm-6.00pm	1	Smart Hearts	Sport Hall
	7.00pm-8.00pm	3-5	Body Combat	Sport Hall
	8.00pm-9.00pm	2-4	Circuits	Sport Hall
Friday	9.30am-10.30am	3-5	Body Pump	Movement studio
	10.45am-11.30am	2-4	Zumba	Movement studio
Saturday	9.30am-10.15am	2-4	Step 'n' Tone	Movement studio

Yoga Courses

Day	Time	Session	Location
Monday	9.30am-11.00am	Yoga mixed ability	Movement studio
Tuesday	6.00pm-7.30pm	Yoga mixed ability	Movement studio
Tuesday	7.45pm-9.15pm	Yoga mixed ability	Movement studio
Thursday	6.00pm-7.30pm	Yoga mixed ability	Movement studio