

## Rotherham Leisure Complex – Workout Timetable

<u>Time</u>	<u>Level</u>	<u>Session</u>	<u>Location</u>
<b>Monday</b>			
9.30am . 10.25am	2,3,4	Combi	Studio
10.00am . 10.55am	1,2,3	Aquafit	Main Pool
10.30am . 11.25am	2,3	Dancercise	Studio
11.00am . 11.55am	1,2	Aqua-Natal	Main Pool
12.30pm . 1.15pm	2,3,4	Step	Studio
6.00pm . 6.55pm	2,3,4	Aerobics	Studio
7.00pm . 7.55pm	2,3,4	L.B.T	Studio
8.00pm . 8.55pm	2,3,4	Salsacise	Studio
<b>Tuesday</b>			
9.30am . 10.25am	3,4	Yoga	Studio
6.00pm . 6.55pm	2,3,4	Step	Studio
7.00pm . 7.55pm	2,3,4	Step & Tone	Studio
8.00pm . 9.00pm	2,3	Yoga	Studio
<b>Wednesday</b>			
10.00am . 10.55am	2,3	Aquafit	Main Pool
11.00am . 11.55am	1,2	Aqua-Natal	Main Pool
12.30pm . 1.25pm	2,3,4	Fitball Stability	Studio
1.30pm . 2.30pm	1,2	Active Always Aerobics	Studio
6.00pm . 6.55pm	3,4	Legs & Abs	Studio
8.00pm . 8.55pm	2,3,4	Street Dance	Studio
<b>Thursday</b>			
9.30am . 10.45am	1,2	Active Allways Restart	Main Hall
9.30am . 10.25am	2,3	Dancercise	Studio
1.30pm . 2.25pm	2,3,4	Core Stability	Studio
6.00pm . 6.55pm	2,3,4	Circuits	Studio
7.00pm . 7.55pm	3,4	Body Combat	Studio
7.00pm . 7.55pm	2,3	Aquafit	Main Pool
8.00pm . 8.55pm	2,3,4	Fitball Stability	Studio
8.00pm . 8.55pm	2,3	Aquafit	Main Pool
<b>Friday</b>			
9.30am . 10.25am	2,3,4	Aerobics	Studio
12.30pm . 1.15pm	3,4	Body Attack	Studio
5.00pm . 5.55pm		Teen Dance*	Studio
6.00pm . 6.55pm	3,4	Body Pump	Studio
7.00pm . 7.55pm		Street Dance	Studio
<b>Saturday</b>			
10.00am . 10.55am	3,4	Body Attack	Studio
<b>Sunday</b>			
10.00am . 10.55am	3,4	Body Attack	Studio
4.00pm . 5.00pm		Fun House Kids Club**	Studio

*\*Teen Dance is for young people aged 12 – 17 of all abilities and fitness levels.*

*\*\*Kids Club is a fun circuit based activity session for young people aged 8 – 17 of all abilities and fitness levels.*

*Places are limited so please book advance to avoid disappointment.*

### Levels

- 1 = Not exercised before or for a long time
- 2 = Some experience of exercise
- 3 = Regular exercise, looking to step it up a gear
- 4 = Looking to push your body to achieve maximum results

### Free Classes

kinetika members enjoy the majority of classes for free. Contact a Customer Advisor on 01709 722555 for details on a membership to suit you.

### Prices

Adult £4.00    Concessions £2.60

*Last updated: 27/1/10*