

Workout Timetable

July 2009

Monday

8.30am-9.15am	Aqua Fit (Therapy)	Main Pool
9.45am-10.40am	Body Pump	Studio
10.45am-11.40am	Body Balance	Studio
2.00pm-3.00pm	50+	Studio
6.15pm-7.15pm	Legs, Bums & Tums	Studio
7.15pm-8.15pm	Circuits	Studio
7.15pm-8.00pm	Aqua Fit (Aerobics)	Main Pool
8.15pm-9.15pm	Combat	Studio

Tuesday

9.45am-10.40am	Pilates	Studio
10.45am-11.40am	Legs, Bums & Tums	Studio
7.15pm-8.15pm	Body Attack	Studio
8.15pm-9.15pm	Body Pump	Studio

Wednesday

8.30am-9.15am	9.20am-10.20am	Aqua Fit (Therapy)	Main Pool
		50+	Studio
		50+	Studio
		Body Step	Studio
		Body Balance	Studio

Thursday

9.45am-10.40am	Body Pump	Studio
10.45am-11.40am	Body Balance	Studio
6.15pm-7.15pm	3 in 1 (step, aerobics, conditioning)	Studio
7.15pm-8.15pm	Circuits	Studio
8.15pm-9.15pm	Body Pump	Studio

Friday

9.15am-10.00am	Aqua Fit (Aerobics)	Main Pool
9.45am-10.40am	Legs, Bums & Tums	Studio
10.45am-11.40am	Body Step	Studio

Saturday

10.00am-11.00am	Body Attack	Studio
11.00am-12.00noon	Body Pump	Studio

For more information, please contact Cranleigh Leisure Centre on 01483 274400