

Arena Leisure Centre Workout Programme - From 27th October 2008

Time	Large Workout Studio							Time	Dance Studio					Creche	Main Hall
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		Monday	Tuesday	Wednesday	Thursday	Friday		
6.30am								6.30am							Traditional Circuits THURS
6.45am								6.45am							
7.00am								7.00am							
7.15am								7.15am							
Morning								Morning							
8.45am								8.45am							
9.00am								9.00am							
9.15am							Body Attack	9.15am							
9.30am	Stretch & Tone	Body Step	Body Burst	Body Attack	Body Combat			9.30am	Energy Sprint		Core Stability	50+ Keep Fit	Body Jam IT'S BACK!		
9.45am								9.45am							
10.00am								10.00am							
10.15am							Thighs Bums & Tums	10.15am		Pilates					
10.30am	Body Pump	Fit 'N' Fifty	Thighs Bums & Tums	Urban Rebounding	Body Pump NEW!			10.30am	Body Blitz! NEW!		Aerobics N' Tone IT'S BACK!	50+ Tap Dancing			
10.45am								10.45am							
11.00am								11.00am							
11.15am								11.15am							
11.30am	Urban Rebounding	Urban Rebounding	Specifics					11.30am	50+ Keep Fit				Stretch And Define	Yoga	
11.45am								11.45am							
12.00pm								12.00pm							
12.15pm								12.15pm							
12.30pm	Pilates							12.30pm							
12.45pm								12.45pm							
1.00pm								1.00pm							
1.15pm								1.15pm							
1.30pm				Pilates				1.30pm							
1.45pm								1.45pm							
2.00pm								2.00pm							
2.15pm								2.15pm							
Evening								Evening							
4.30pm								4.30pm							
4.45pm								4.45pm							
5.00pm							Body Combat IT'S BACK!	5.00pm							
5.15pm								5.15pm							
5.30pm								5.30pm							
5.45pm	Body Pump	Thighs Bums & Tums	Body Step	Body Pump IT'S BACK!	Body Step			5.45pm	Basic Step IT'S BACK!						
6.00pm								6.00pm							
6.15pm								6.15pm							
6.30pm								6.30pm							
6.45pm	Body Step	Body Combat	Body Attack	Body Combat	Urban Rebounding			6.45pm	Body Balance						
7.00pm								7.00pm							
7.15pm								7.15pm				Thighs Bums & Tums	Core Stability		
7.30pm								7.30pm							
7.45pm	Thighs Bums & Tums	Urban Rebounding	Body Pump	Sole Sensation				7.45pm	Yoga		Body Jam			Pilates Course	Traditional Circuits TUES
8.00pm					8.00pm										
8.15pm								8.15pm							
8.30pm	Circuit Challenge NEW!							8.30pm							
8.45pm								8.45pm							
9.00pm								9.00pm							
9.15pm								9.15pm							
9.30pm								9.30pm							

To book a class please see reception or telephone 01276 417111.

Please note, you must collect your ticket prior to each class and afternoon classes must be cancelled before 3pm or you may incur a charge.