

## 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
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	Boxercise	Studio
12.00pm – 1.00pm	1,2	'Be Agile Not Fragile'*	Studio*
4.00pm – 4.55pm	2,3,4	Torso Blast	Studio
5.00pm – 5.55pm	2,3,4	Abs Super Set	Studio
6.00pm – 6.55pm	2,3,4	Step	Studio
7.00pm – 7.55pm	2,3,4	Aerobics	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
5.00pm – 5.55pm	3,4	Body Blast	Studio
6.00pm – 6.45pm	3,4	Abs Blast	Studio
8.00pm – 8.55pm	2,3,4	Salsacise	Studio
<b>Thursday</b>			
9.30am – 10.45am	1,2	Active Allways Restart	Main Hall
12.30pm – 1.15pm	3,4	Body Combat	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	2,3,4	Torso Blast	Studio
6.00pm – 6.55pm	3,4	Body Pump	Studio
<b>Saturday</b>			
10.00am – 10.55am	3,4	Dance Aerobics	Studio
12.00pm – 12.55pm	3,4	Aero Circuit	Studio
1.00pm – 1.55pm	3,4	Body Blast	Studio
2.00pm – 2.45pm	3,4	Abs Blast	Studio
<b>Sunday</b>			
4.00pm – 4.55pm	3,4	Aero Circuit	Studio
5.00pm – 5.55pm	3,4	Body Blast	Studio

### 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

\*This is a private session. Please contact reception for more details.

### 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 £2.80