

Fitness Class Timetable Commencing Tuesday 17th May 2022

Monday – Fitness Classes	
Time	Session
09:30 – 10:30	Zumba
10:00 – 11:00	Functional Fit
10:40 – 11:10	Active Core
11:30 – 12:30	Walking Football
18:00 – 19:00	Zumba
18:30 – 19:30	BodyPump
19:10 – 20:10	LBT

Tuesday – Fitness Classes	
Time	Session
09:15 – 10:15	Circuits
10:00 – 10:45	Aqua Zumba
10:30 – 11:30	Functional Fit
18:00 – 18:45	Zumba
18:15 – 19:15	BodyPump

Wednesday Fitness Classes	
Time	Session
09:30 – 10:30	Gentle Exercise
10:00 – 12:00	Table Tennis (Coached)
10:00 – 11:30	Yoga
13:00 – 14:00	Keep Moving
13:00 – 14:30	Yoga
18:00 – 19:00	Body Combat
18:15 – 19:45	Pilates
19:10 – 20:10	BodyPump

Thursday Fitness Classes	
Time	Session
09:00 – 10:00	Functional Fit
09:15 – 10:15	Yoga
10:00 – 11:00	Zumba
10:30 – 11:30	Pilates
12:00 – 13:00	Walking Football
14:00 – 15:00	Zumba Gold
18:00 – 19:00	Body Combat
19:10 – 19:55	Clubbercise
19:10 – 19:55	BodyPump
20:05 – 20:50	LBT

Fitness Class Timetable Commencing Tuesday 17th May 2022

Friday – Fitness Classes

Time	Session
09:30 – 10:30	Circuits
09:30 – 11:30	Table Tennis (Coached)
10:45 – 12:15	Pilates
11:00 – 12:00	Keep Moving
12:30 – 13:30	Functional Fit

Saturday – Fitness Classes

Time	Session
09:00 – 10:00	Zumba
10:30 – 11:30	Circuits
12:00 – 13:00	Pilates

Sunday – Fitness Classes

Time	Session
09:00 – 10:00	BodyPump
10:10 – 11:10	Body Combat
11:30 – 12:30	Pilates
11:15 – 11:45	Active Balance
18:00 – 18:45	Zumba