

# Exercise Class Timetable

## Monday

Keiser 7.00am-7.45am  
Pilates 8.30am-9.15am  
Keiser 9.45am-10.30am  
Legs, bums & tums 9.45am-10.30am  
Body pump 10.45am-11.30am  
Aqua aerobics 11.00am-11.45am  
Yoga stretch 11.50am-12.35pm  
Body combat 6.00pm-6.45pm  
Keiser 6.15pm-7.00pm  
Body pump 7.00pm-7.45pm  
Body balance 8.10pm-8.55pm

## Tuesday

Flexibility 9.00am-9.30am  
Keiser 9.45am-10.30am  
Zumba 9.45am-10.15am  
Body balance 10.30am-11.15am  
Aqua aerobics 11.00am-11.45am  
Pilates 1.15pm-2.00pm  
Body attack 6.00pm-6.45pm  
Circuits 6.10pm-6.50pm  
Keiser 6.15pm-7.00pm  
Body combat 7.15pm-8.00pm

## Wednesday

Keiser 9.45am-10.30am  
Body combat 9.45am-10.30am  
Aqua aerobics 10.30am-11.15am  
Pilates 10.45am-11.30am  
Body balance 11.50am-12.35pm  
Body pump 5.15pm-6.00pm  
Legs, bums & tums 6.30pm-7.15pm  
Keiser 6.30pm-7.15pm  
Body balance 7.20pm-8.05pm

## Thursday

Body balance 8.30am-9.15am  
Body combat 9.45am-10.30am  
Aqua aerobics 9.45am-10.30am  
Keiser 9.45am-10.30am  
Body pump 10.45am-11.30am  
Pilates 11.50am-12.35pm  
CX worx 5.40pm-6.10pm  
Circuits 6.10pm-6.50pm  
Keiser 6.15pm-7.00pm  
Pilates 6.30pm-7.15pm

## Friday

Keiser 7.00am-7.45am  
Flexibility 9.00am-9.30am  
Keiser 9.45am-10.30am  
Legs, bums & tums 9.45am-10.30am  
Aqua aerobics 9.45am-10.30am  
Body balance 10.45am-11.30am  
Pilates 1.15pm-2.00pm  
Body combat 5.45pm-6.30pm  
Keiser 6.15pm-7.00pm  
Body pump 6.45pm-7.30pm

## Saturday

Body combat 9.00am-9.45am  
Keiser 9.30am-10.15am  
Body balance 10.00am-10.45am

## Sunday

Body balance 8.45am-9.30am  
Body combat 10.00am-10.45am  
Body pump 11.00am-11.45am

FOOD HYGIENE RATING



Call 01752 848668

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## Your Safety is our priority - COVID-19

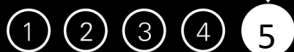
- ◆ Class times reduced to allow breaks between arrival and departure
- ◆ Music will be played at a lower level, as head mics aren't permitted
- ◆ Bring your own yoga mats if possible
- ◆ Arrive 5 minutes prior to class start time and leave immediately to reduce gatherings
- ◆ Refrain from using changing rooms/showers unless absolutely necessary

**For all class details please visit the web site**

### **General Facility Guidelines**

- \*All classes are subject to sufficient numbers attending, should class numbers fall below minimum participant numbers the class will be cancelled  
Members will be notified in advance of cancellation
- \* Class participants will be refused entry if they arrive late for the class
- \* Class participants should not leave a class prior to designated finish time
- \* Please book all classes in advance to avoid disappointment  
(online booking and cancellation 6 hours prior is available)

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