

Group Exercise Timetable

	CLASS	TIME	DURATION	RATING
Mon	Legs, Bums & Tums	09.30	60	All
	GRIT - Strength	10.30	30	All
	Metafit	11.15	30	All
	Yoga & Relaxation	12.30	90	All
	Body Balance	17.00	60	All
	Body Pump	18.15	60	All
	Body Combat	19.15	60	All
	Yoga	20.15	60	All
Tue	GRIT - Strength	06.45	30	All
	Body Pump	08.00	30	All
	Body Pump	09.15	45	All
	Mature Movers	10.00	60	All
	Body Balance	11.00	60	All
	Metafit	13.00	30	All
	Legs, Bums & Tums	18.15	60	All
	Body Attack	19.15	60	All
	Body Pump	20.15	60	All
Wed	Body Pump	09.15	60	All
	Pilates	11.00	60	All
	Fit Kids*	15.45	45	3-8 Years
	Body Pump	17.15	60	All
	Body Jam	18.15	60	All
	Body Combat	19.15	60	All
	Metafit	20.15	30	Advanced
	GRIT - Strength	21.00	30	All
Thu	Body Pump	06.45	45	All
	Step It Up	09.30	60	All
	Body Jam	10.30	60	All
	Metafit	18.00	30	Advanced
	Body Attack	18.30	60	All
	GRIT - Strength	19.30	30	All
	Body Balance	20.15	60	All
Fri	Body Combat	06.45	60	All
	Body Pump**	08.00	60	All
	Body Pump**	09.30	60	All
	Body Balance	10.30	60	All
	Yoga	18.30	60	All
Sat	Body Attack	09.00	60	All
	Body Pump	10.00	60	All
	Body Balance	11.00	60	All
Sun	GRIT - Cardio**	08.45	30	All
	GRIT - Plyo**	09.30	30	All
	Body Pump	10.15	60	All
	Body Balance	11.15	60	All
	Fit Kids*	13.30	45	3-8 Years
	Body Pump	16.00	60	All

Book your class at reception or by calling 01355 354461 to secure your place.

All classes can be booked one day in advance. If you are unable to attend, classes must be cancelled 2 hours prior to commencement. Group exercise timetable is subject to change during public holiday periods.

*Minimum of 3 participants required for class to commence

** Classes cannot be booked back to back in advance

Spinning Timetable

	TIME	DURATION	RATING
Mon	06.45	45mins	All
	13.00	45mins	All
	18.15	45mins	All
	19.15	30mins	All
	20.15	45mins	All
Tue	10.15	45mins	All
	17.15	45mins	All
	18.15	45mins	All
	19.30	45mins	All
Wed	06.45	45mins	All
	10.30	45mins	All
	18.30	45mins	All
	20.15	45mins	All
Thu	13.00	45mins	All
	18.30	45mins	All
	20.00	45mins	All
Fri	10.30	30mins	Mature Movers
	11.15	45mins	All
	17.30	45mins	All
Sat	10.15	45mins	All
	11.30	45mins	All
Sun	10.30	45mins	All
	11.30	45mins	All
	19.00	45mins	All

Ab Classes

Thursday	Abs	13.45	15mins	All
Friday	Abs	12.15	15mins	All

Swimming Pool Activities

Tuesday	Aqua Classes*	11.45 - 12.30
Thursday	Aqua Classes*	11.45 - 12.30
Tuesday	Water Babies	13.15 - 15.15
Tuesday	Swimming Lessons	16.00 - 18.00
Saturday	Swimming Lessons	09.00 - 16.00