

Group Exercise Timetable

From 18th April 2024

Monday

6:00am - 7:00am **HIIT (Core)**
 8:15am - 9:15am **Aquafit**
 6:00pm - 6:45pm **Bar and Bell**
 6:15pm - 6:45pm **Synrgy**
 7:00pm - 8:00pm **Group Cycling**

Tuesday

9:15am - 10:15am **Core Strength and Balance**
 10:30am - 11:15am **Circuits (Gentle) (*A4L)**
 6:00pm - 6:45pm **Pilates**
 7:00pm - 7:45pm **Pilates**
 7:15pm - 8:00pm **Adult Swimming Lessons**

Wednesday

6:45am - 7:30am **Group Cycling**
 7:05am - 7:35am **Synrgy**
 9:30am - 10:30am **Yoga (Hatha)** from 24/4/24
 10:45am - 11:45am **Yoga (Hatha)** from 24/4/24
 6:00pm - 6:45pm **Aquafit**
 7:00pm - 8:00pm **Yoga (Hatha) *New***

Please note:

Timetable subject to regular review and change.

For a copy in large print, easy-read, Braille, audio, or an alternative language, please contact

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Version 1 Correct at time of printing

Thursday

8:00am - 9:00am **Aquafit**
 9:15am - 10:00am **Circuits (Gentle) (*A4L)**
 6:00pm - 7:00pm **Run Fit**
 7:00pm - 8:00pm **Group Cycling (Advanced)**
 8:00pm - 9:00pm **Swim Fit**

Friday

6:00am - 7:00am **HIIT (Core)**
 8:00am - 8:45am **Pilates**
 9:15am - 10:00am **Parent and Baby**
 1:30pm - 2:30pm **Circuits (Gym) (*A4L)**
 6:30pm - 7:30pm **Dancercise**

Key
Cardio
Strength & Conditioning
Dance
Mind & Body
Cycle

(*A4L) Active 4 Life

