


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pilates 0915-1015 CM	Studio Cycle 0700-0745 SF	<b>LES MILLS</b> <b>BODYPUMP</b> 0700-0745 SR	Studio Cycle 0700-0745 SR	PiYo 0830-0915 AW	<b>LES MILLS</b> <b>BODYPUMP</b> 0845-0945 CM	Studio Cycle 0900-0945 SR
Zumba 1030-1130 SB	Aqua Dash 0900-1000 BH	<b>NEW!</b> Studio Cycle 0830-0915 AW	Tri Swim 0700-0800 KG	Step 0930-1030 CM	Studio Cycle 1000-1045 CM	Urban Funk 1000-1100 LG
Kettlebell Circuits 1800-1900 SR	Low Impact Aerobics 0910-0955 CM	Triple Challenge 0930-1030 AW	Low Impact Aerobics 0900-0945 CM	Studio Cycle 1045-1130 CM	<h1>OCT—DEC 2018</h1> <p>AW—Ali      JK—Jenny  AY—Aileen      KG—Karen  BB—Becky      LG—Louise  BH—Barbara      SA—Steph  CM—Christine      SB—Stacey  DM—Dinah      SF—Sam  EK—Emma      SR—Steve</p>	
Adult Stamina Swim 1800-1900 EK	Bums, Tums & Thighs 1000-1100 AW	Beginners Yoga 1045-1215 JK	Pilates 1000-1100 CM	Yoga 1045-1215 DM		
Studio Cycle 1815-1900 CM	Yoga 1115-1245 JK	Intermediate Yoga 1230-1400 JK	Zumba 1115-1200 SB	Pilates 1800-1900 CM		
Bums, Tums & Thighs 1915-2015 CM	Chair Yoga 1300-1400 JK	Kettlebell Circuits 1815-1915 SR	Aqua Fit 1100-1200 SA	Studio Cycle 1815-1900 SR		
	Studio Cycle 1715-1800 CM	Studio Cycle 1815-1900 CM	Yoga 1800-1900 DM	Zumba 1915-2015 SB		
	<b>NEW!</b> Triple Challenge 1815-1915 CM	<b>LES MILLS</b> <b>BODYPUMP</b> 1930-2030 CM	Studio Cycle 1830-1915 CM			
	Studio Cycle 1930-2015 SR	Studio Cycle 1930-2015 SR	Aqua Dash 1900-2000 BH			
	Dance Mix 1930-2030 BB		<b>LES MILLS</b> <b>BODYPUMP</b> 1930-2030 AY			

# Fitness Classes

## Exe Valley Leisure Centre

Book online at  
[middevonleisure.co.uk](http://middevonleisure.co.uk)

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Bolham Road, Tiverton EX16 6SG  
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