

## EXERCISE CLASS TIMETABLE - EXE VALLEY LEISURE CENTRE

**OCT - DEC 2018**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
HIIT Cycle (G) 0700-0730 Bev	Studio Cycle (SS) 0700-0745 Sam	BodyPump (DS) 0700-0745 Steve	Studio Cycle (SS) 0700-0745 Steve	BodyPump (DS) 0700-0745 Virtual	BodyCombat (DS) 0730-0830 Virtual	CX Worx (DS) 0820-0850 Virtual
BodyCombat (DS) 0800-0900 Virtual	BodyCombat (DS) 0815-0845 Virtual	CX Worx (DS) 0815-0845 Virtual	Tri Swim (P) 0700-0800 Karen	PiYo (DS) 0830-0915 Ali	Total Core (G) 0800-0830 Charlotte	BodyPump (DS) 0900-0945 Virtual
Pilates (DS) 0915-1015 Christine	Aqua Dash (P) 0900-1000 Barbara	Studio Cycle (SS) 0830-0915 Ali	CX Worx (DS) 0750-0820 Virtual	Step (DS) 0930-1030 Christine	BodyPump (DS) 0845-0945 Christine	Studio Cycle (SS) 0900-0945 Christine
Functional Fitness (G) 0930-1000 Bev	Low Impact Aerobics (DS) 0910-0955 Christine	Triple Challenge (DS) 0930-1030 Ali	Low Impact Aerobics (DS) 0900-0945 Christine	Studio Cycle (SS) 1045-1130 Christine	Studio Cycle (SS) 1000-1045 Christine	Urban Funk (DS) 1000-1100 Louise
Zumba (DS) 1030-1130 Stacey	Total Core (G) 0930-1000 Stacey	Functional Fitness (G) 1030-1100 Charlotte	Functional Fitness (G) 0930-1000 Stacey	Functional Fitness (G) 1030-1100 Rhett	Sh'Bam (DS) 1630-1715 Virtual	BodyBalance (DS) 1110-1210 Virtual
Total Core (G) 1730-1800 Rhett	Bums, Tums & Thighs (DS) 1000-1100 Ali	Beginners Yoga (DS) 1045-1215 Jenny	Pilates (DS) 1000-1100 Christine	Yoga (DS) 1045-1215 Dinah		BodyCombat (DS) 1705-1805 Virtual
Kettlebell Circuits (DS) 1800-1900 Steve	Yoga (DS) 1115-1245 Jenny	Intermediate Yoga (DS) 1230-1400 Jenny	Aqua Fit (P) 1100-1200 Steph	CX Worx (DS) 1230-1300 Virtual		BodyPump (DS) 1815-1900 Virtual
Adult Stamina Swim (P) 1800-1900 Emma	HIIT Cycle (G) 1230-1300 Stacey	BodyPump (DS) 1605-1705 Virtual	Zumba (DS) 1115-1200 Stacey	Functional Fitness (G) 1230-1300 Charlotte		
Studio Cycle (SS) 1815-1900 Christine	Chair Yoga (DS) 1300-1400 Jenny	CX Worx (DS) 1720-1750 Virtual	HIIT Cycle (G) 1230-1300 Charlotte	BodyPump (DS) 1715-1745 Virtual	DS	DANCE STUDIO
Functional Fitness (G) 1900-1930 Rhett	Studio Cycle (SS) 1715-1800 Christine	Functional Fitness (G) 1730-1800 Stacey	BodyCombat (DS) 1715-1745 Virtual	Functional Fitness (G) 1730-1800 Charlotte	SS	SPIN STUDIO
Bums, Tums & Thighs (DS) 1915-2015 Christine	CX Worx (DS) 1730-1800 Virtual	Kettlebell Circuits (DS) 1815-1915 Steve	Total Core (G) 1730-1800 Christine	Pilates (DS) 1800-1900 Christine	G	GYM
BodyPump (DS) 2030-2130 Virtual	Total Core (G) 1800-1830 Rhett	Studio Cycle (SS) 1815-1900 Christine	Yoga (DS) 1800-1900 Dinah	Studio Cycle (SS) 1815-1900 Steve	P	POOL
	Tri Swim (P) 1800-1900 Karen	BodyPump (DS) 1930-2030 Christine	Total Core (G) 1900-1930 Charlotte	Zumba (DS) 1915-2015 Stacey		
	Triple Challenge (DS) 1815-1915 Christine	Studio Cycle (SS) 1930-2015 Steve	Studio Cycle (SS) 1830-1915 Christine		RELAXATION	VIRTUAL
	Functional Fitness (G) 1900-1930 Bev		Aqua Dash (P) 1900-2000 Barbara		STRENGTH & TONE	FUNCTIONAL
	Studio Cycle (SS) 1930-2015 Steve		BodyPump (DS) 1930-2030 Aileen		CALORIE BURNING	POOL
	Dance Mix (DS) 1930-2030 Becky		BodyCombat (DS) 2055-2125 Virtual		GROUP CYCLING	

Whilst we endeavour to provide the timetable as stated above, small changes, such as an alternative instructor or class, may be deemed necessary. On rare occasions, and if no feasible option is apparent, the class may be cancelled with as much notice to any attendees as possible. **IT IS ADVISED TO ALWAYS BOOK ONTO CLASSES SO WE CAN CONTACT YOU REGARDING ANY CHANGES IF NEED BE.** Please remember to cancel your class if you are unable to attend.