

EXE VALLEY LEISURE CENTRE FITNESS STUDIO TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OPEN AT 06:00	OPEN AT 06:30	OPEN AT 06:30	OPEN AT 06:00	OPEN AT 06:00	OPEN AT 06:30	OPEN AT 08:00
HIIT Cycle 07:00 - 07:30 NEW!	Total Core 09:30 - 10:00	Functional Fitness 10:30 - 11:00	Functional Fitness 09:30 - 10:00	Functional Fitness 10:30 - 11:00	Total Core 08:00 - 08:30	
Functional Fitness 09:30 - 10:00	HIIT Cycle 12:30 - 13:00 NEW!	Functional Fitness 17:30 - 18:00	HIIT Cycle 12:30 - 13:00 NEW!	Functional Fitness 12:30 - 13:00		
Total Core 17:30 - 18:00	Total Core 18:00 - 18:30		Total Core 17:30 - 18:00	Functional Fitness 17:30 - 18:00	HIIT Cycle	HIIT (High Intensity Interval Training) session on a bike.
Functional Fitness 19:00 - 19:30	Functional Fitness 19:00 - 19:30		Total Core 19:00 - 19:30		Functional Fitness	Full body workout using functional gym equipment.
					Total Core	Functional exercises to work your abs and lower back.
CLOSE AT 22:00	CLOSE AT 22:00	CLOSE AT 22:00	CLOSE AT 22:00	CLOSE AT 21:00	CLOSE AT 18:00	CLOSE AT 19:00

BOOK A PLACE IN THESE CLASSES AT RECEPTION OR ONLINE

ALL classes will be delivered by the Fitness Team.

All Functional Fitness, Total Core, and HIIT Cycle classes will be based at the rig in zone 1, please see a member of the team if unsure.

