

Fitness Classes Culm Valley Sports Centre

Fitness Studio Opening Hours

Monday 6.30am to 10.00pm
Tuesday 7.00am to 10.00pm
Wednesday 6.30am to 10.00pm
Thursday 7.00am to 10.00pm
Friday 6.30am to 9.00pm
Saturday 9.00am to 5.00pm
Sunday 9.00am to 5.00pm

Closed To Public

Tuesday 12.10 - 1.10pm
Wednesday 12.10 - 1.10pm
Friday 12.10 - 1.10pm

Active Start Sessions

Monday 11am to 12 noon
Wednesday 11am to 12 noon
Friday 11am to 12 noon

Teen Gym Session Times

Monday 3.00pm - 4.00pm
Tuesday 3.00pm - 4.00pm
Wednesday 3.00pm - 4.00pm
Thursday 3.00pm - 4.00pm
Friday 3.00pm - 4.00pm

Book online at
middevonleisure.com

Culm Valley Sports Centre
Meadow Lane, Cullompton EX15 1LL
Call: 01884 234320

 facebook.com/middevonleisure



Mid Devon Leisure is part of Mid Devon District Council,
Phoenix House, Phoenix Lane, Tiverton, Devon EX16 6PP
Tel: 01884 255255
www.middevonleisure.com

FN6 CV 040119



JAN - MARCH 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STUDIO CYCLE 7.00 - 7.30am (AW)	PILATES 9.30 - 10.30am (KR)	STUDIO CYCLE 7.00 - 7.30am (SF)	BOOGIE BOUNCE** 9.30 - 10.15am (AW)	METAFIT 7.00 - 7.30am (SF)	STUDIO CYCLE 9.30 - 10.15am	
BUMS, TUMS, THIGHS 9.30 - 10.30am (AW)	60+ KEEP FIT 2.00 - 3.00pm (AW)	FITNESS PILATES 9.30 - 10.30am (JL)	HATHA YOGA 10.15 - 11.45am (JK)	BOX 'N' TONE* 9.30 - 10.30am (SF)	<p>* INNERS MUST BE WORN **TRAMPOLINING SOCKS MUST BE WORN AVAILABLE TO BUY AT RECEPTION</p> <p>AW Ali CP Corrine DM Dinah KR Karen JK Jenny JL Jamie HC Heather SF Sam MS Maria AP Andy LD Lucy</p>	
YOGA FLOW 10.45 - 12.15pm (DM)	STUDIO CYCLE 5.45 - 6.15pm (JL)	PUMP 6.00 - 7.00pm (SF)	HIIT Circuits 5.45-6.15PM (JL)	YOGA 11.00 - 12.30pm (HC)		
TAI CHI 3.00-4.00pm (AP)	XTREME HIIT 6.05 - 6.55pm (SF)	STUDIO CYCLE 6.15 - 7.00pm (AW)	STUDIO CYCLE 6.00-6.45pm (LD)	LINE DANCING 2.00 - 3.00pm (CP)		
METAFIT 5.30 - 6.00pm (SF)	FITNESS PILATES 6.30 - 7.15pm (JL)	BODY BLITZ 7.05 - 7.55pm (SF)	FITNESS PILATES 6.25-7.25pm (JL)			
FITNESS PILATES 6.10 - 6.55pm (JL)	BOOGIE BOUNCE** 6.30 - 7.00pm (AW)	PIYO 7.05 - 7.50pm (AW)	FITNESS PILATES 7.30 - 8.30pm (JL)			
BUMS, TUMS, THIGHS 6.10 - 6.55pm (AW)	PIYO 7.05 - 7.50pm (AW)	<p>STAY & CHAT No need to rush off after a class Stay for a cup of tea or coffee at a reduced price of 80p</p>				
BOOGIE BOUNCE** 7.10 - 7.55pm (AW)	SALSA DX 7.30 - 8.30pm (MS)					
STUDIO CYCLE 8.00 - 8.45pm (JL)						

All classes are included in our
Zest Lifestyle Plus Membership
 Get yours today and start saving £££!

	DANCE
	RELAXATION
	STRENGTH & TONE
	CALORIE BURNING
	GROUP CYLING

PLEASE NOTE
 For health & safety reason
 those arriving 5 minutes after the
 advertised class start time will not be
 permitted to join the class.

BOOK ON LINE
middevonleisure.com