

EXERCISE CLASS TIMETABLE - EXE VALLEY LEISURE CENTRE JAN - MAR 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
HIIT Cycle (G) 0700-0730 Fitness Team	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 Fitness Team	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 Fitness Team	Low Impact Aerobics (DS) 0910-0955 Christine	Triple Challenge (DS) 0930-1030 Ali	Low Impact Aerobics (DS) 0900-0945 Christine	Functional Fitness (G) 1030-1100 Fitness Team	Studio Cycle (SS) 1000-1045 Christine	Urban Funk (DS) 1000-1100 Louise
Zumba (DS) 1030-1130 Stacey	Total Core (G) 0930-1000 Fitness Team	Functional Fitness (G) 1030-1100 Fitness Team	Functional Fitness (G) 0930-1000 Fitness Team	Studio Cycle (SS) 1045-1130 Christine	Sh'Bam (DS) 1630-1715 Virtual	BodyBalance (DS) 1110-1210 Virtual
Total Core (G) 1730-1800 Fitness Team	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 Fitness Team	BodyPump (DS) 1605-1705 Virtual	Zumba (DS) 1115-1200 Stacey	Functional Fitness (G) 1230-1300 Fitness Team		
Studio Cycle (SS) 1815-1900 Christine	Chair Yoga (DS) 1300-1400 Jenny	CX Worx (DS) 1720-1750 Virtual	HIIT Cycle (G) 1230-1300 Fitness Team	BodyPump (DS) 1715-1745 Virtual		
Functional Fitness (G) 1900-1930 Fitness Team	BodyPump (DS) 1410-1455 Virtual	Functional Fitness (G) 1730-1800 Fitness Team	Sh'Bam (DS) 1625-1710 Virtual	Functional Fitness (G) 1730-1800 Fitness Team		
Bums, Tums & Thighs (DS) 1915-2015 Christine	Studio Cycle (SS) 1715-1800 Christine	Kettlebell Circuits (DS) 1815-1915 Steve	BodyCombat (DS) 1715-1745 Virtual	Pilates (DS) 1800-1900 Christine		
BodyPump (DS) 2030-2130 Virtual	CX Worx (DS) 1730-1800 Virtual	Studio Cycle (SS) 1815-1900 Christine	Total Core (G) 1730-1800 Fitness Team	Studio Cycle (SS) 1815-1900 Steve		
	Total Core (G) 1800-1830 Fitness Team	BodyPump (DS) 1930-2030 Christine	Yoga (DS) 1800-1900 Dinah			
	Tri Swim (P) 1800-1900 Karen	Studio Cycle (SS) 1930-2015 Steve	Total Core (G) 1830-1900 Fitness Team		RELAXATION	VIRTUAL
	Triple Challenge (DS) 1815-1915 Christine		Studio Cycle (SS) 1830-1915 Christine		STRENGTH & TONE	FUNCTIONAL
	Functional Fitness (G) 1900-1930 Fitness Team		Aqua Dash (P) 1900-2000 Barbara		CALORIE BURNING	POOL
	Studio Cycle (SS) 1930-2015 Steve		BodyPump (DS) 1930-2030 Aileen		GROUP CYCLING	
	Dance Mix (DS) 1930-2030 Becky		BodyCombat (DS) 2055-2125 Virtual			

DS DANCE STUDIO

SS SPIN STUDIO

G GYM

P POOL

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.