

EXE VALLEY CLASS TIMETABLE - NOVEMBER 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PILATES 9:15 - 10:15 AM (CM)	LOW IMPACT AEROBICS 9:15 - 10:00 AM (CM)	PIYO 8:30 - 9:15 AM (AW)	STUDIO CYCLE 7:00 - 7:45 AM (SR)	PIYO 8:30 - 9:15 AM (AW)	PUMP 8:45 - 9:45 AM (SR)	URBAN FUNK 09:30 - 10:30 AM (LG)
FUNCTIONAL FITNESS* 10:00 - 10:30 AM (FITNESS TEAM)	BUMS, TUMS, THIGHS 10:15 - 11:00 AM (MP)	TRIPLE CHALLENGE 9:30 - 10:30 AM (AW)	LOW IMPACT AEROBICS 9:15 - 10:00 AM (CM)	50+ STUDIO CYCLE 9:25 - 9:55 AM (AW)	STUDIO CYCLE 10:00 - 10:45 AM (SR)	
ZUMBA 10:30 - 11:30 AM (KG)	STUDIO CYCLE 10:30 - 11:15 AM (NJ) T	FUNCTIONAL FITNESS* 10:00 - 10:30 AM (FITNESS TEAM)	STUDIO CYCLE 10:00 - 10:45 AM (LV) T	TRIPLE CHALLENGE 9:30 - 10:30 AM (CM)	FUNCTIONAL FITNESS* 10:00 - 10:30 AM (FITNESS TEAM)	
BOXERCISE 5:15 - 6:00 PM (MP) T	YOGA 11:15 - 12:45 PM (JK) NEW!	BEGINNERS YOGA 10:45 - 12:15 PM (JK)	PILATES 10:15 - 11:15 AM (CM)	FUNCTIONAL FITNESS* 10:00 - 10:30 AM (FITNESS TEAM)		
KETTLEBELLS 6:15 - 7:15 PM (SR)	CHAIR YOGA 1:00 - 2:00 PM (JK)	FUNCTIONAL FITNESS* 6:00 - 6:30 PM (FITNESS TEAM)	ZUMBA 11:30 - 12:15 PM (KG)	YOGA FLOW 11:00 - 12:00 PM (DM)		
STUDIO CYCLE 6:30 - 7:15 PM (CM)	STUDIO CYCLE 5:15 - 6:00 PM (CM)	KETTLEBELLS 6:15 - 7:15 PM (SR)	PUMP 5:45 - 6:45 PM (AY)	BOXERCISE 5:30 - 6:30 PM (MP) NEW!		
BUMS, TUMS, THIGHS 7:30 - 8:30 PM (CM)	FITNESS PILATES 6:15 - 7:15 PM (CM)	STUDIO CYCLE 6:30 - 7:15 PM (CM)	STUDIO CYCLE 6:15 - 7:00 PM (BBa) NEW!	STUDIO CYCLE 6:30 - 7:15 PM (SR)		
	FUNCTIONAL FITNESS* 7:00 - 7:30 PM (FITNESS TEAM) T	PUMP 7:30 - 8:30 PM (CM)	FUNCTIONAL FITNESS* 7:00 - 7:30 PM (FITNESS TEAM) T			
	DANCE MIX 7:30 - 8:30 PM (BBu)	STUDIO CYCLE 7:30 - 8:15 PM (SR)	YOGA FLOW 7:00 - 8:00 PM (DM)			
	STUDIO CYCLE 7:30 - 8:15 PM (SR)		URBAN FUNK 8:15 - 9:00 PM (LG) T			

AW = ALI
AY = AILEEN
BBa = BECKY BA
BBu = BECKY BU
CM = CHRISTINE
DM = DINAH
JK = JENNY

KG = KIM
LG = LOUISE
NJ = NIKKI
MP = MONIKA
LV = LEANNE
SR = STEVE

T = TRIAL

PLEASE NOTE:

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

	DANCE
	CALORIE BURNING
	STRENGTH & TONE
	RELAXATION
	GROUP CYCLE

*** Based at the rig in the gym**

BOOK ONLINE: middevonleisure.com