

## EXE VALLEY CLASS TIMETABLE - February 2023

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)	LOW IMPACT AEROBICS 9:15 - 10:00 AM (CM)	PIYO 8:30 - 9:15 AM (AW)	STUDIO CYCLE 08:00 - 08:45 AM (MP) <sup>T</sup>	STUDIO CYCLE 08:00 - 08:45 AM (MP) <sup>T</sup>
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)	STUDIO CYCLE 10:00 - 10:45 AM (LV)	50+ STUDIO CYCLE 9:25 - 9:55 AM (AW)	URBAN FUNK 08:45 - 09:45 AM (LG)	
ZUMBA 10:30 - 11:30 AM (KG)	STUDIO CYCLE 10:30 - 11:15 AM (NJ)	FUNCTIONAL FITNESS* 10:00 - 10:30 AM (FITNESS TEAM)	PILATES 10:15 - 11:15 AM (CM)	TRIPLE CHALLENGE 9:30 - 10:30 AM (CM)	FUNCTIONAL FITNESS* 10:00 - 10:30 AM (FITNESS TEAM)	
HIIT 5:30 - 6:00 PM (MP)	YOGA 11:15 - 12:45 PM (JK)	BEGINNERS YOGA 10:45 - 12:15 PM (JK)	ZUMBA 11:30 - 12:15 PM (KG)	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)	PUMP 5:45 - 6:45 PM (AY)	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)	STUDIO CYCLE 6:15 - 7:00 PM (BBa)	BOXERCISE 5:30 - 6:30 PM (MP) <sup>T</sup>		
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)	FUNCTIONAL FITNESS* 7:00 - 7:30 PM (FITNESS TEAM)	STUDIO CYCLE 6:30 - 7:15 PM (SR)		
STUDIO CYCLE 7:30 - 8:15 PM (SR)	FUNCTIONAL FITNESS* 7:00 - 7:30 PM (FITNESS TEAM)	PUMP 7:30 - 8:30 PM (CM)	YOGA FLOW 7:00 - 8:00 PM (DM)			
	DANCE MIX 7:30 - 8:30 PM (BBu)	STUDIO CYCLE 7:30 - 8:15 PM (SR)	URBAN FUNK 8:15 - 9:00 PM (LG) <sup>T</sup>			
	STUDIO CYCLE 7:30 - 8:15 PM (SR)					

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](http://middevonleisure.com)**

