

EXE VALLEY CLASS TIMETABLE - DECEMBER 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)	URBAN FUNK 08:45 - 09:45 AM (LG)	
FUNCTIONAL FITNESS* 10:00 - 10:30 AM (FITNESS TEAM)	AQUA DASH 9:00 - 10:00 (KG)	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)	FUNCTIONAL FITNESS* 10:00 - 10:30 AM (FITNESS TEAM)	
KETTLEBELLS 6:15 - 7:15 PM (SR)	BUMS, TUMS, THIGHS 10:15 - 11:00 AM (MP)	FUNCTIONAL FITNESS* 10:00 - 10:30 AM (FITNESS TEAM)	PILATES 10:15 - 11:15 AM (CM)	STEP & STRENGTH 9:30 - 10:30 AM (CM)		
STUDIO CYCLE 6:30 - 7:15 PM (CS)	STUDIO CYCLE 10:30 - 11:15 AM (CS)	BEGINNERS YOGA 10:45 - 12:15 PM (JK)	AQUA FIT 11:00 - 12:00 PM (SA)	FUNCTIONAL FITNESS* 10:00 - 10:30 AM (FITNESS TEAM)		
BUMS, TUMS, THIGHS 7:30 - 8:30 PM ()	YOGA 11:15 - 12:45 PM (JK)	FUNCTIONAL FITNESS* 6:00 - 6:30 PM (FITNESS TEAM)	THIS GIRL CAN 11:30 - 12:15 PM (CM)	YOGA FLOW 11:00 - 12:00 PM (DM)		
STUDIO CYCLE 7:30 - 8:15 PM (SR)	CHAIR YOGA 1:00 - 2:00 PM (JK)	KETTLEBELLS 6:15 - 7:15 PM (SR)	PUMP 5:45 - 6:45 PM (CM)	STUDIO CYCLE 6:30 - 7:15 PM (SR)		
	STUDIO CYCLE 5:15 - 6:00 PM (CM)	STUDIO CYCLE 6:30 - 7:15 PM (CM)	STUDIO CYCLE 6:15 - 7:00 PM ()			
	FITNESS PILATES 6:15 - 7:15 PM (CM)	PUMP 7:30 - 8:30 PM (CM)	YOGA FLOW 7:00 - 8:00 PM (DM)			
	FUNCTIONAL FITNESS* 6:30 - 7:00 PM (FITNESS TEAM)	STUDIO CYCLE 7:30 - 8:15 PM (SR)	URBAN FUNK 8:15 - 9:00 PM (LG)			
	STUDIO CYCLE 6:30 - 7:15 PM (SR)					
	DANCE MIX 7:30 - 8:30 PM (BB)					

AW = ALI	KG = KIM
BB = BECKY	LG = LOUISE
CM = CHRISTINE	MP = MONIKA
DM = DINAH	LV = LEANNE
CS = COLIN	SA = STEPH
JK = JENNY	SR = STEVE

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

	SWIMMING POOL
	DANCE
	CALORIE BURNING
	STRENGTH & TONE
	RELAXATION
	GROUP CYCLE

* Based at the rig in the gym
BOOK ONLINE: middevonleisure.com

