

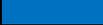
# GROUP EXERCISE SCHEDULE - EXE VALLEY

**PLEASE NOTE:**

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PILATES 9:15 - 10:15 AM (CM)	AQUA DASH 9:00 - 10:00 AM (KG)	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)	LOW IMPACT AEROBICS 9:15 - 10:00 AM (CM)	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 ( )	FUNCTIONAL FITNESS* 10:00 - 10:30 AM (FITNESS TEAM)		
BUMS, TUMS, THIGHS 7:30 - 8:30 PM (MP)	YOGA 11:15 - 12:45 PM (JK)	FUNCTIONAL FITNESS* 6:00 - 6:30 PM (FITNESS TEAM)	<b>LES MILLS BODYPUMP</b> 5:45 - 6:45 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)	STUDIO CYCLE 6:15 - 7:00 PM ( )			
	STUDIO CYCLE 5:15 - 6:00 PM (CM)	STUDIO CYCLE 6:30 - 7:15 PM (CM)	YOGA FLOW 7:00 - 8:00 PM (DM)			
	FITNESS PILATES 6:15 - 7:15 PM (CM)	<b>LES MILLS BODYPUMP</b> 7:30 - 8:30 PM (CM)	URBAN FUNK 8:15 - 9:00 PM (LG)			
	FUNCTIONAL FITNESS* 6:30 - 7:00 PM (FITNESS TEAM)	STUDIO CYCLE 7:30 - 8:15 PM (SR)				
	STUDIO CYCLE 6:30 - 7:15 PM (SR)					
	DANCE MIX 7:30 - 8:30 PM (BB)					

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

 SWIMMING POOL  
 DANCE  
 CALORIE BURNING  
  
 STRENGTH & TONE  
 RELAXATION  
 GROUP CYCLE

\* Based at the rig in the gym

BOOK ONLINE @ MIDDEVONLEISURE.COM OR CALL 01884 234900