

GROUP EXERCISE

CULM VALLEY
SPORTS CENTRE

SCHEDULE

New!

Group Cycle

Calorie Burning

Strength & Tone

Relaxation

Day	08:30 - 09:15	09:30 - 10:15	10:30 - 11:30	17:30 - 18:00	18:00 - 18:45	18:45 - 20:00	19:00 - 19:30	19:30 - 20:00
MON	Bums Tums Thighs 08:30 - 09:15 Ali	Bums Tums Thighs 09:30 - 10:15 Ali	Metafit 17:30 - 18:00 Sam	Bums Tums Thighs 18:00 - 18:45 Ali	Yoga 18:45 - 20:00 Heather	Studio Cycle 19:00 - 19:30 Ali		
TUE	Pilates 09:15 - 10:15 Karen	Body Conditioning 09:30 - 10:15 Ali	Pilates 10:30 - 11:30 Karen	Ab Attack 17:30 - 18:00 Ali	Fitness Pilates 18:00 - 18:45 Rachel	Functional Fitness 18:15 - 18:45 Fitness Team	Studio Cycle 18:15 - 18:45 Ali	PIYO 19:00 - 19:45 Ali
WED	Studio Cycle 07:15 - 07:45 Sam	Fitness Pilates 09:15 - 10:15 Charlotte	Functional Fitness 10:15 - 10:45 Fitness Team	Kettlebells 17:45 - 18:30 Stuart	Ab Attack 18:00 - 18:30 Ali	Studio Cycle 18:45 - 19:15 Ali		
THU	Triple Challenge 09:30 - 10:15 Ali	Hatha Yoga 10:30 - 12:00 Jenny	Boxing Blitz 18:00 - 19:00 Sarah	Functional Fitness 18:15 - 18:45 Fitness Team	Kettlebells 19:00 - 19:45 Sarah	Fitness Pilates 19:00 - 20:00 Rachel		
FRI	Metafit 07:15 - 07:45 Sam	Pump 09:30 - 10:30 Sarah	Yoga 11:00 - 12:15 Heather					
SAT	Functional Fitness 09:00 - 09:30 Fitness Team							

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