

# GROUP EXERCISE SCHEDULE

EXE VALLEY  
LEISURE CENTRE

- Dance
- Pool-based
- Group Cycle
- Calorie Burning
- Strength & Tone
- Relaxation

Day	09:15 - 10:15	10:00 - 10:30	10:45 - 11:30	18:30 - 19:00	18:15 - 19:15	18:30 - 19:15					
<b>MON</b>	Pilates 09:15 - 10:15 Christine	Functional Fitness 10:00 - 10:30 Fitness Team	Studio Cycle 10:45 - 11:30 Nikki	Ab Attack 18:30 - 19:00 Sarah	Kettlebells 18:15 - 19:15 Steve	Studio Cycle 18:30 - 19:15					
<b>TUE</b>	Aqua Dash 09:00 - 10:00 Kim	Low Impact Aerobics 09:15 - 10:00 Monika	Bums Tums Thighs 10:15 - 11:00 Monika	Studio Cycle 10:30 - 11:15 Poppy	Yoga 11:15 - 12:45 Jenny	Chair Yoga 13:00 - 14:00 Jenny	Studio Cycle 17:15 - 18:00 Christine	Fitness Pilates 18:15 - 19:15 Christine	Functional Fitness 18:30 - 19:00 Fitness Team	Studio Cycle 18:30 - 19:15 Steve	Dance Mix 19:30 - 20:30 Becky
<b>WED</b>	PIYO 08:30 - 09:15 Ali	Triple Challenge 9:30 - 10:30 Ali	Functional Fitness 10:00 - 10:30 Fitness Team	Studio Cycle 10:45 - 11:30 Poppy	Beginners Yoga 10:45 - 12:15 Jenny	Body Combat 17:30 - 18:00 Sarah	Functional Fitness 18:00 - 18:30 Fitness Team	Kettlebells 18:15 - 19:15 Steve	Studio Cycle 18:30 - 19:15 Christine	Body Pump 19:30 - 20:30 Christine	Studio Cycle 19:30 - 20:15 Steve
<b>THU</b>	Functional Fitness 09:00 - 09:30 Fitness Team	Low Impact Aerobics 09:15 - 10:00 Christine	Studio Cycle 10:00 - 10:45 Monika	Pilates 10:15 - 11:15 Christine	Aquafit 11:00 - 12:00 Bonnie	Body Pump 17:45 - 18:45 Christine	Yoga Flow 19:00 - 20:00 Dinah	Urban Funk 20:15 - 21:00 Louise			
<b>FRI</b>	PIYO 08:30 - 09:15 Ali	50+ Studio Cycle 09:25 - 09:55 Ali	Step & Strength 09:30 - 10:30 Christine	Functional Fitness 10:00 - 10:30 Fitness Team	Yoga Flow 11:00 - 12:00 Dinah	Beginners Pilates 14:30 - 15:15 Christine					
<b>SAT</b>	Urban Funk 08:45 - 09:45 Louise	Functional Fitness 10:00 - 10:30 Fitness Team									

Call [01884 234900](tel:01884234900), Download the App, or Visit [middevonleisure.com](http://middevonleisure.com) to Book Now!

