

GROUP EXERCISE

SCHEDULE

LORDS MEADOW
LEISURE CENTRE

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

DAY	07:00 - 07:45	09:15 - 10:15	10:00 - 11:00	10:15 - 11:15	10:30 - 11:15	18:00 - 18:45	18:30 - 19:30	19:00 - 20:00
MON	Fitness Pilates 07:00 - 07:45 Rachael	Total Tone 09:15 - 10:15 Eddie	Aquafit 10:00 - 11:00 Sara	Yoga 10:15 - 11:15 Jo	Dance Mix 10:30 - 11:15 Eddie	Studio Cycle 18:00 - 18:45 Kain	Aquafit 18:30 - 19:30 Steph	Circuits 19:00 - 20:00 Kain
TUE	Studio Cycle 07:00 - 07:45 Laura	Body Blast 09:15 - 10:15 Vicki	Aquafit 10:00 - 11:00 Jane	Pilates 10:30 - 11:30 Vicki	Fitness Pilates 17:30 - 18:15 Rachael	Legs Bums Tums 17:30 - 18:30 Aileen	Yoga 19:00 - 20:00 Jo	
WED	Studio Cycle 07:00 - 07:45 Laura	Body Conditioning 09:15 - 10:15 Laura	Yoga 10:30 - 11:30 Jo	Circuits 18:00 - 19:00 Jamie	Studio Cycle 18:15 - 19:00 Rachael	Tonal Tone 19:15 - 20:15 Rachael		
THU	Studio Cycle 07:00 - 07:45 Kain	Fitness Pilates 09:15 - 10:15 Sara	Aquafit 10:00 - 11:00 Jane	Studio Cycle 10:30 - 11:15 Kain	Studio Cycle 18:00 - 18:45 Laura	Body Conditioning 19:00 - 19:45 Laura		
FRI	Tonal Tone 09:15 - 10:15 Rachael	Studio Cycle 10:30 - 11:15 Rachael	Yoga 11:45 - 12:45 Jo	Studio Cycle 18:00 - 18:45 Kain				
SAT	Functional Fitness 08:30 - 09:15 Fitness Team							

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