

Group Fitness Timetable

Monday	10.00 - 11.00	20:20:20	Frán
	11.00 - 12.00	Shape Up	Frán
	12.00 - 13.00	Aquafit	Frán
	13.30 - 14.30	Yoga	Lena
	16.00 - 16.45	Cheerleading	Krissy
	17.00 - 18.00	Zumba	Lisa
	18.00 - 19.00	Street Dance 16+*	Krissy
	19.00 - 20.00	Body Attack****	John
	20.00 - 21.00	Body Pump****	John
Tuesday	10.00 - 11.00	Body Conditioning	Tina
	11.00 - 12.00	Pilates**	Anja
	12.00 - 13.00	Zumba	Lisa
	14.00 - 15.00	Fit 4 Life 50+	Ben
	18.00 - 18.45	Spin****	Mel
	19.00 - 19.45	Spin****	Mel
	19.00 - 20.00	Kardio Kickboxing	An
	20.00 - 21.00	Body Jam****	Robyn
Wednesday	10.00 - 11.00	Zumba	Victoria
	13.30 - 14.30	Yoga	Lena
	18.00 - 18.45	Body Pump***	Tim
	18.00 - 18.45	Spin****	Alex
	19.00 - 19.45	Spin****	Alex
	19.00 - 20.00	Aerocirc	Tina
	20.00 - 21.00	Pilates**	Anja
Thursday	10.00 - 11.00	Aerocirc	Tina
	11.00 - 12.00	Shape Up	Frán
	12.00 - 13.00	Aquafit	Frán
	13.55 - 14.25	Get Fit Quick	Karl
	14.30 - 15.00	Back Care	Karl
	16.15 - 17.00	Street Dance 8-10 Yrs	Lisa
	17.00 - 17.45	Street Dance 11-14 Yrs	Lisa
	18.00 - 19.00	Junior Zumba 12-16 Yrs	Lisa
	19.00 - 20.00	Body Conditioning	Frán
	20.00 - 21.00	Aquafit	Frán
	20.00 - 21.00	Zumba	Lisa
Friday	10.00 - 11.00	Zumba	Rebecca
	13.30 - 14.30	Zumba Gold	Franceasca
	17.30 - 18.30	Yoga	Denise
	19.00 - 20.00	Body Step****	John
	20.00 - 21.00	Body Attack****	John
Saturday	09.00 - 10.00	Zumba	Lisa
	09.00 - 10.00	Spin****	Leigh
	10.00 - 11.00	Body Combat****	John
	11.00 - 12.00	Body Pump****	John
	12.00 - 13.00	Body Step****	John
Sunday	09.00 - 10.00	Yoga	Denise
	11.00 - 12.00	Zumba	Krissy

Terms & Conditions

* This class is a block booking with the Leisure Centre, please ask at Reception for further details.

** This class is a block booking with the Instructor. For further details please see reception of further details.

*** There is a surcharge for these classes, please ask at Reception for further details.

Booking for you chosen class is recommended as spaces are limited.

Expressions Members can book classes 14 days in advance, bookings can be made over the phone or at Reception.

Leisure Card Holders can book classes 7 days in advance, booking can be made over the phone or at Reception.

Non members can book classes 4 days in advance, payment is required at time of booking.

£10 Top Up

Expressions Members; for an additional £10 per month you can attend as many 'Body' classes and 1 'Spin' class per week without paying the individual class surcharge. For more information or to purchase your top up please ask at Reception.

Management reserve the right to amend the programme at anytime. Please contact Reception for further information.

