



CLASS TIMETABLE

AUTUMN/WINTER 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
EXPRESS BODYPUMP 09:15 - 09:45 (16+) <i>Brooke</i>	Cardio Pump 09:30 - 10:30 <i>Donna</i>	Legs, Bums & Tums 9:00 - 9:45 <i>Julie</i> ***New Class***	Sculpt & Tone 09:30 - 10:30 <i>Julie</i>	Cardio Pump 09:00 - 09:45 <i>Eileen</i>	Express BODYPUMP 09:15 - 10:00 (16+) <i>Amy</i>	BODYBALANCE 9:30-10:30 <i>Su</i>
Healthy Hearts 10:00 - 11:00 <i>Donna</i>	Gentle Exercise 11:00 - 12:00 <i>Kay</i>	Healthy Hearts 10:00 - 11:00 <i>Alison</i>	Gentle Exercise 11:00 - 12:00 <i>Kay</i>	Cardio Pump 10:00 - 10:45 <i>Eileen</i> ***New Class***	Metafit 10:15 - 10:45 <i>Amy</i>	Legs, Bums & Tums 11:00 - 12:00 <i>Michele</i>
Total Body Conditioning 12:00 - 13:00 <i>Donna</i>	Beginners Cyclefit 12:00 - 12:30 <i>Dan*</i> ***New Class***	Zumba Gold 12:00 - 12:45 <i>Kay</i>	Yogalates 12:30 - 13:30 <i>Kay</i>	Iyengar Yoga 11:00 - 12:00 <i>Liz</i>	SPRINT 10:30 - 11:00 <i>Julie*</i>	Ballroom 14:00 - 15:00 <i>Caroline</i>
FITSTEPS 17:30 - 18:15 <i>Caroline</i>	Total Body Workout 17:30 - 18:15 <i>Julie</i>	Yoga 13:30 - 14:30 <i>Gill</i>	BODYPUMP 18:00 - 19:00 <i>Bex</i>	SPRINT 12:00 - 12:30 <i>Julie*</i>	SPRINT 11:15 - 11:45 <i>Julie*</i>	
SPRINT 17:45 - 18:15 <i>Julie*</i> *** NEW CLASS***	Boxercise 18:30 - 19:15 <i>John</i>	Legs, Bums & Tums 17:30 - 18:15 <i>Julie</i>	Cyclefit 18:30 - 19:15 <i>Julie *</i>	Gentle Exercise 14:00 - 15:00 <i>Dan</i>	Legs, Bums & Tums 11:00 - 12:00 <i>Su</i>	
SPRINT 18:30 - 19:00 <i>Julie*</i>	Cyclefit 18:30 - 19:15 <i>Julie*</i>	SPRINT 18:30 - 19:00 <i>Julie*</i>	Clubbercise 19:15 - 20:00 <i>Donna</i>	Step & Sculpt 17:15 - 18:00 <i>Julie</i>		
BODYBALANCE 18:30 -19:30 <i>Su</i>		Power Yoga 18:30 - 19:30 <i>Rosie</i>		Pilates 18:15 - 19:00 <i>Susan</i>		
				Ballroom 19:15 - 20:00 <i>Glen</i>		
					New to Classes? 1. Bring a water bottle and towel 2. Arrive on time to ensure you warm up thoroughly 3. Please ensure you remain for the entire duration of the class Please Note: Classes are in high demand and require pre-booking. Please cancel your place if you are unable to attend. Telephone Number: 0191 2575434 ext 303 (Gym) Opening Hours Monday - Friday: 06:30am - 8:00pm Saturday - Sunday: 9:00am - 3:00pm	
					*Class takes place in the Functional Room or Gym. All other classes are in the Main Hall.	