

Fitness Class Timetable

Morning

Afternoon

Evening

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Pedal X 45 (Slower) 09.30-10.15 Pedal Studio	Boxafit 09.30-10.15 Dance Studio	Pedal X45 09.30-10.15 Pedal X Studio	Pedal X 45 (slower) 09.15-10.00 Pedal Studio	Body Conditioning 09.30-10.30 Aerobic Studio	Pedal X 08.00-08.45 Pedal X Studio	Pedal X 45 08.45-09.30 Pedal Studio
	20-20-20 09.30-10.30 Aerobics	Pilates 09.30-10.30 Aerobics Studio	Salsacise 09.30-10.30 Aerobics Studio	Yoga 10.00-11.30 Dance Studio	Aqua Aerobics 10.00-10.45 Sir James Altham Pool	Pedal X 09.00-09.45 Pedal X Studio	Pilates 09.30-10.30 Aerobics Studio
	Aqua Aerobics 10.00-10.45 Sir James Altham Pool	Nifty Fifties 10.00-12.00 Hall 1 & 2	Aqua Aerobics 10.00-10.45 Sir James Altham Pool	Nifty Fifties 10.00-12.00 Hall 1 & 2	Zumba 10.45-11.45 Aerobic Studio	Body Conditioning 10.00-11.00 Aerobics studio	Zumba 10.30-11.30 Aerobics Studio
	Classic Aerobics 10.30-11.30 Aerobics Studio	Aqua Aerobics 10.00-10.45 Sir James Altham Pool	Classic Circuits 10.30-11.30 Gym	Senior fit club 10.30-11.30 Aerobics		Pilates 11.15-12.15 Aerobics	
	Pilates 10.30-11.30 Aerobics Studio	Yoga 10.30-12.00 Dance Studio	Core Conditioning 11.00-12.00 Aerobics Studio	Classic Circuits 11.30-12.30 Aerobics studio			
				Tai Chi 11.45-12.45 Dance Studio			
	Nifty Fifties 13.00-15.00 Hall 1 & 2				Nifty Fifties 12.00-14.00 Hall 1		
	Pedal X 45 18.00-18.45 Pedal X Studio	HIIT 18.00-18.30 Hall 2	Pedal X 45 18.15-19.00 Pedal Studio	Pedal X 45 18.15-19.00 Pedal Studio	Pedal X Core 18.15-19.15 Pedal X		
	Pedal X 45 19.00-19.45 Pedal X Studio	Metafit 18.30-19.00 Hall 2	Aerobics 19.00-20.00 Aerobic Studio	Metafit 18.30-19.00 Hall 2			
	Body Blast 19.00-20.00 Aerobics Studio	20-20-20 19.00-20.00 Aerobics Studio	Pedal X 45 19.15-20.00 Pedal X Studio	Boot Camp 19.00-20.00 Hall 1			
	Pilates 20.00-21.00 Aerobics	Swimfit 19.00-20.00 Sir James Altham Pool	Pilates 20.00-21.00 Aerobic Studio	Fitball and Stretch 19.00-20.00 Hall 2			
		Boxafit 19.00-20.00 Hall 2	Metafit 20.15-20.45 Dance Studio.	Zumba 20.30-21.30 Dance Studio			
		Absolute Abs 20.05-20.35 Dance Studio					
		Yoga 20.00-21.30 Aerobics Studio					
		Pound 20.00-20.45 Hall 2					