

Class Timetable

Key: ■ HIIT ■ Aerobic ■ Strength & Endurance ■ Mind & Body ■ Aqua 50+ 65+ Classes tailored to older adults J Junior classes (4-16 years)

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
06.45 07.15	Metafit™ Studio 1	07.00 07.30	Pedal X 30 Spin Studio	06.45 07.15	Metafit™ Studio 1	07.00 07.30	Pedal X 30 Spin Studio	06.45 07.15	Metafit™ Studio 1	08.30 09.30	LES MILLS BODYPUMP Studio 1
08.50 09.35	LES MILLS BODYPUMP Studio 1	08.50 09.35	Totally Shredded Studio 2	08.40 09.25	Aqua Aerobics Swimming Pool	08.50 09.35	LES MILLS BODYPUMP Studio 1	08.50 09.35	Pound® Studio 2	08.50 09.35	FLEXI-BAR® Studio 2
09.00 09.30	Metafit™ Sports Hall	08.50 09.35	LES MILLS BODYBALANCE Studio 1	08.45 09.30	Club Pedal X Spin Studio	08.45 09.30	Power Yoga Studio 2	08.50 09.50	LES MILLS BODYPUMP Studio 1	09.00 09.45	Pedal X 45 Spin Studio
09.30 10.30	Aqua Zumba® Swimming Pool	09.30 10.30	Aqua Aerobics Swimming Pool	08.50 09.35	STRONG by Zumba® Studio 2	09.35 10.20	Zumba® Toning Studio 2	09.40 10.25	Zumba® Studio 2	09.40 10.25	Step Intermediate Studio 1
09.40 10.25	STRONG by Zumba® Studio 1	09.40 10.25	Body Conditioning Studio 1	09.35 10.20	Zumba® Studio 2	09.40 10.25	Club Pedal X Spin Studio	09.55 10.55	LES MILLS BODYCOMBAT Studio 1	09.40 10.25	Pound® Studio 2
09.40 10.25	LES MILLS BODYCOMBAT Studio 2	09.40 10.25	Pound® Studio 2	09.35 10.20	LES MILLS BODYPUMP Studio 1	09.40 10.40	LES MILLS BODYCOMBAT Studio 1	10.00 10.45	Club Pedal X Spin Studio	10.30 11.00	Metafit™ Squash Court
10.00 10.45	Club Pedal X Spin Studio	09.45 10.30	Club Pedal X Spin Studio	09.40 10.25	Absolute Abs Squash Court	10.30 11.15	STRONG by Zumba® Studio 2	10.30 11.30	LES MILLS BODYPUMP Studio 2	10.30 11.15	Zumba® Studio 1
10.30 11.15	LES MILLS BODYPUMP Studio 1	10.30 11.15	Core Circuits Studio 1	09.45 10.15	Metafit™ Sports Hall	10.45 11.45	Nifty Fifties Studio 1 50+	10.35 11.20	Aqua Zumba® Swimming Pool	10.30 11.15	Pedal X 45 Spin Studio
10.30 11.30	Pilates Drop-in Studio 2	10.30 11.15	Zumba® Studio 2	10.20 11.05	Pedal X 45 Spin Studio	11.00 11.45	Pedal X 45 Spin Studio	11.30 12.30	Pilates Drop-in Studio 1	11.30 13.00	Ashtanga Yoga Studio 1
10.30 11.30	Bootcamp Outdoors	11.20 12.20	Nifty Fifties Studio 1 50+	10.30 11.15	Buggy Blitz Sports Hall	11.30 12.30	LES MILLS BODYBALANCE Studio 2	11.40 12.40	LES MILLS BODYBALANCE Studio 2		
11.30 12.30	Nifty Fifties Studio 1 50+	11.20 12.20	Yoga Studio 2	10.30 11.30	LES MILLS BODYCOMBAT Studio 1	17.30 18.15	Pedal X 45 Spin Studio	17.45 18.30	LES MILLS BODYCOMBAT Studio 1		
14.35 16.05	Yoga Studio 2	17.30 18.15	Step Beginner Studio 1	10.30 12.00	Yoga Studio 2	18.25 19.10	LES MILLS BODYPUMP Studio 1	18.35 19.35	LES MILLS BODYPUMP Studio 1		
17.30 18.15	Pedal X 45 Spin Studio	18.20 19.05	LES MILLS BODYPUMP Studio 1	12.05 13.05	Pilates Drop-in Studio 2 65+	18.25 19.25	Vinyasa Yoga Studio 2	19.30 21.00	Yoga Studio 2		
18.00 18.45	FLEXI-BAR® Studio 1	18.30 19.15	Pound® Studio 2	16.00 16.45	Hip Hop (4-7 years) Studio 1 J	18.45 19.30	Pedal X 45 Spin Studio				
18.35 19.20	Totally Shredded Sports Hall	18.45 19.30	Pedal X 45 Spin Studio	16.45 17.30	Hip Hop (8+ years) Studio 1 J	19.15 20.00	Meta PWR Sports Hall				
18.45 19.30	Club Pedal X Spin Studio	19.15 20.00	LES MILLS BODYBALANCE Studio 2	17.35 18.20	STRONG by Zumba® Studio 1	19.15 20.00	Body Conditioning Studio 1				
18.50 19.35	Step Intermediate Studio 1	19.15 20.00	Zumba® Studio 1	18.10 18.55	Totally Shredded Studio 2	19.30 20.30	Aqua Aerobics Swimming Pool				
19.00 20.00	Aqua Aerobics Swimming Pool	19.30 20.00	Metafit™ Sports Hall	18.15 19.00	Pedal X 45 Spin Studio	20.05 20.50	Totally Shredded Studio 1				
19.40 20.40	Vinyasa Yoga Studio 1	20.00 21.00	Pilates Drop-in Studio 2	18.35 19.35	LES MILLS BODYCOMBAT Studio 1						
		20.05 20.50	FLEXI-BAR® Studio 1	19.00 20.00	Pilates Drop-in Studio 2						
				19.40 20.40	Body Conditioning Studio 1						
				20.15 21.00	Club Pedal X Spin Studio						
				20.45 21.30	Pilates Studio 2						

Sunday	
08.30 09.30	LES MILLS BODYPUMP Studio 1
10.30 11.30	Circuits Sports Hall
11.00 12.00	Yoga Studio 1
11.15 12.00	Pedal X 45 Spin Studio

Please advise your instructor if you are **new to group exercise** or of any **medical conditions** that may affect your ability to exercise.

Please ensure you provide at least **48 hours** notice if you are unable to attend a class. Failure to do so may result in charges.

Members can book **7 days in advance**, either online or by contacting reception. Non-members may book 2 days in advance.

Classes correct at time of print. Please visit: www.hertsmereleisure.co.uk/william-penn-leisure-centre for the most up-to-date information on our range of classes.

