



Bodywork Programme

Oakgrove Leisure Centre

L.B.T (Legs, Bums & Tums)	6.30pm - 7.30pm	Mondays
Hula Aerobics	7.30pm - 8.30pm	Mondays
Hi-Lo Aerobics	6.15pm - 7.15pm	Tuesdays
Boxercise	7.15pm - 8.15pm	Tuesdays
Body Conditioning	8.15pm - 9.15pm	Tuesdays
Beginners Running*	6.00pm - 7.00pm	Wednesdays
Advanced Running**	7.00pm - 8.00pm	Wednesdays
Pump FX *	7.00pm - 8.00pm	Wednesdays
Spirals®	8.00pm - 9.00pm	Wednesdays
Zumba®	6.15pm - 7.00pm	Thursdays
Yoga	7.00pm - 8.30pm	Thursdays (£4.20)
Circuits	6.00pm - 7.00pm	Fridays
Zumba®	9.00am - 9.45am	Saturdays
Ultimate Mix	10.00am - 11.00am	Saturdays

£4.00 per class. Free to Beaumonts Members

Off-peak rates apply to Bletchley off-peak members

For further information telephone: 01908 528852

* Limited places

** 5 miles in one hour

www.hertsmereleisure.co.uk

