



# Bodywork Programme

## Oakgrove Leisure Centre

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

**£4.00 per class. Free to Beaumonts Members**

Off-peak rates apply to Bletchley off-peak members

Oakgrove Leisure Centre Brickhill Street, Middleton, MK10 9JQ

**For further information telephone: 01908 528852**

\* Limited places

\*\* 5 miles in one hour

[www.hertsmereleisure.co.uk](http://www.hertsmereleisure.co.uk)

