

EASTER GROUP EXERCISE TIMETABLE

Friday 3rd April - Monday 6th April



GOOD FRIDAY

Day	Time	Class	Location	Info
Friday	09:30 - 10:30	BodyPump	Dance Studio	
Friday	10:30 - 11:30	BodyBalance	Dance Studio	
Friday	11:30 - 12:30	Zumba	Dance Studio	
Friday	12:00 - 12:30	Indoor Cycle	Cycle Studio	
Friday	17:30 - 18:30	Step & Tone	Dance Studio	YM
Friday	17:45 - 18:30	Indoor Cycle	Cycle Studio	

Saturday	09:00 - 09:45	Les Mills Shapes	Dance Studio	
Saturday	09:45 - 10:30	Indoor Cycle	Cycle Studio	
Saturday	10:30 - 11:30	BodyPump	Dance Studio	
Saturday	10:45 - 11:45	BodyBalance	Func Studio	YM

Sunday	09:00 - 10:00	Yoga	Dance Studio	YM
Sunday	10:15 - 11:15	Triple Challenge	Dance Studio	
Sunday	10:30 - 11:15	Indoor Cycle	Cycle Studio	YM
Sunday	11:30 - 12:30	BodyPump	Dance Studio	

EASTER MONDAY

Monday	10:00 - 11:00	Aerobics	Dance Studio	
Monday	11:00 - 12:00	BodyPump	Dance Studio	
Monday	11:15 - 12:00	Pilates	Func Studio	
Monday	12:05 - 13:05	BodyBalance	Dance Studio	
Monday	12:15 - 12:45	Indoor Cycle	Cycle Studio	
Monday	13:00 - 13:40	Circuits	Arena	
Monday	13:10 - 13:55	BodyPump Heavy	Dance Studio	
Monday	17:30 - 18:30	BodyPump	Dance Studio	

All classes must be booked in advance either in person or over the telephone at reception, or online. Please note: No bookings will be accepted once the class has started of the advertised start time. No admittance will be allowed once the class has commenced. Thank you.

	Cycle Classes		Cardio & Dance Classes		HIIT Classes
	Mind & Body Classes		Strength & Conditioning Classes		
	Martial Arts Classes		Aqua Classes	YM	Youth Member Class