

Fitness Programme

Monday	Body Combat 7am to 7:45am Ash	Pump it up 9:30am to 10:15am Sue	Pilates 10:30am to 11:15am Sue	Leg Bums and Tums 11:30am to 12:15pm Julie	Bootcamp 12:30pm to 1pm Julie	Parkinsons and Step up class 1pm to 2pm Faz	Active Steps 2:30pm to 3:30pm Maz			Zumba (7yrs+) 6pm to 6:45pm Julie	Pump it up 7pm to 7:45pm Julie	Leg Bums and Tums 8pm to 8:45pm Julie	
Tuesday		Kettlebells 9:30am to 10am John	Pool session Aquafit 9:30am to 10:15am Rob	Zumba (7yrs+) 11am to 11:45am Julie	Bootcamp 12:30pm to 1pm John			Dance studio Acti-kids Fitness (8 to 15 years) 3:45pm to 4:30pm Gym team	Sportshall session Acti-kids Sports (8 to 15 years) 4:30pm to 5:15pm Gym team	Boxfit 6pm to 6:45pm Rob	Pump it up 7pm to 7:45pm Julie	Pool session Aquafit 7:30pm to 8:30pm Jenna	Old Skool Step 8pm to 8:45pm Julie
Wednesday	Early Burn 6am to 6:45am John	Tabata 9:15am to 9:45am John		Tone and Stretch 10:30am to 11:15am Julie						Acti-kids Zumba (8 + years) 4:30pm to 5:15pm Julie	Old Skool Step 6pm to 6:45pm Julie	Body Blitz 7pm to 7:45pm Julie	Zumba (7yrs+) 8:15pm to 9pm Julie Sportshall
Thursday	Yoga 7:15am to 8:15am Jo		Legs Bums & Tums 10am to 10:45am Louis	Active Steps 11:30am to 12:30am Cindy	50+ Movement 12:45am to 1:45pm Julie			Acti-kids Fitness (8 to 15years) 3:45pm to 4:15pm Gym Team Dance studio	Acti-kids Sports (8 to 15years) 4:30pm to 5:15pm Gym Team Sportshall	Pilates 4:15pm to 5:15pm Nick	Body Combat 6pm to 6:45pm Ash	Pool session Aquafit 7pm to 7:45pm Shannon	Pump it up 7:15pm to 8pm John
Friday		Body Blitz 9:30am to 10:15am Julie	Tone and Stretch 10:30am to 11:15am Julie	Pool session Aquafit 11:30am to 12:15pm Julie						Yoga 5pm to 6pm Jo	Zumba (7yrs+) 6:15pm to 7pm Julie Sportshall	Pool session Floatfit Hiit 6:45pm to 7:30pm Gym team	Judo 7:15pm to 9pm External
Saturday	Kettlebells 8:15am to 8:45am Gym team		Yin Yoga 10:15am to 11:15am Jo										
Sunday			Abs 10am to 10:30am Rob	Tai Chi 11am to 12pm Mr Virk (external)	Acti-kids Gym (8 to 15 years) 11am to 12pm Paul					Pool session Aquafit 5:30pm to 6:15pm Julie	Zumba (7yrs+) 6:30pm to 7:30pm Julie Dance studio		

