## **Exercise Class Timetable**



Please note - some classes may be subject to change

	etans visit <b>leisureardsandhorthdown.com</b>							
	Class	Time		Class	Time		Class	Time
MONDAY	Water Aerobics	9am to 9.50am	TUESDAY	Stages Power Cycle 30	6.45am to 7.30am	WEDNESDA	RT24	6.45am to 7.15am
	<b>Yoga Lite</b> with Gillian	9.30am to 10.30am		AllFit	9.30am to 10am		Kettlebells 30	9.15am to 9.45am
	Stages Power Cycle	9.30am to 10.30am		Step 'n' Tone	9.30am to 10.30am		Tone 'n' Stretch	10am to 11am
	Gently Does it with	10.45am to 11.45am		Beginners Yoga	10.45am to 11.45am		with Julie	
	Debbie	10.454111011.45411		with Debbie			Active Ageing Active Ageing with Debbie	11.30am to 12.30pm
	Yin Yoga with Debbie	12pm to 1pm		<b>Pilates</b> with Julie	12.30pm to 1.30pm		Tai Chi with Michele	11.30am to 12.30pm
	Kettlebells 30	1.15pm to 1.45pm		Stages Power Cycle 30			<b>Yoga Lite</b> with Gillian	12.45pm to 1.30pm
	<b>Stages Power Cycle</b>	5.30pm to 6.30pm		Kettlebells 30	5.15pm to 5.45pm		Kettlebells 30	5.15pm to 5.45pm
	RT24	6.15pm to 6.45pm		Power Yoga*	6pm to 6.45pm		Legs, Bums and Tums	6pm to 7pm
	Pilates	6.15pm to 7.15pm		Stages Power Cycle	6pm to 7pm		Stages Power Cycle	6pm to 7pm
	<b>Yoga</b> with David	7.30pm to 8.30pm		Total Body Fitness	7pm to 8pm		<b>Bootcamp</b> with Davy	6.30pm to 7.30pm
				*Intermediate Yoga class - NO <sup>-</sup>	T suitable for beginners			· ·
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	Class	Time		Class	Time		Class	Time
A≺	Class Power Yoga with Gillian *	<b>Time</b> 6.45am to 7.30pm	<b>∀</b> ≺	Class AllFit	Time 9.30am to 10am	Q	Class Saturday	Time
DAY	Power Yoga with	6.45am to 7.30pm	DAY			END		<b>Time</b> 8.30am to 9.15am
	<b>Power Yoga</b> with Gillian <b>*</b>	6.45am to 7.30pm	RIDAY	AllFit	9.30am to 10am 10.45am to 11.45am	KEND	Saturday	
	Power Yoga with Gillian * Step 'n' Tone with Ella Stages Power Cycle Armchair Yoga	6.45am to 7.30pm 9.15am to 10.15am	FRIDAY	<b>AllFit</b> <b>Pilates</b> with Julie	9.30am to 10am 10.45am to 11.45am 9.30am to 10.30am	EKEND	<mark>Saturday</mark> Bootcamp	8.30am to 9.15am
	Power Yoga with Gillian * Step 'n' Tone with Ella Stages Power Cycle	6.45am to 7.30pm 9.15am to 10.15am 10.30am to 11.30am	FRIDAY	<b>AllFit</b> <b>Pilates</b> with Julie <b>Tai Chi</b> with Michele	9.30am to 10am 10.45am to 11.45am	WEEKEND	Saturday Bootcamp Stages Power Cycle	8.30am to 9.15am 9.30am to 10.30am
	Power Yoga with Gillian *Step 'n' Tone with EllaStages Power CycleArmchair Yoga with DebbieWater Aerobics	6.45am to 7.30pm 9.15am to 10.15am 10.30am to 11.30am 10.45am to 11.45am	FRIDAY	AllFit Pilates with Julie Tai Chi with Michele Kettlebells 30 Family RT24	9.30am to 10am 10.45am to 11.45am 9.30am to 10.30am 12.30pm to 1pm	WEEKEND	Saturday Bootcamp Stages Power Cycle Total Body Fitness Sunday	8.30am to 9.15am 9.30am to 10.30am
	Power Yoga with Gillian *Step 'n' Tone with EllaStages Power CycleArmchair Yoga with DebbieWater AerobicsWater Aerobicswith Andy	6.45am to 7.30pm 9.15am to 10.15am 10.30am to 11.30am 10.45am to 11.45am 12pm to 1pm	FRIDAY	AllFit Pilates with Julie Tai Chi with Michele Kettlebells 30 Family RT24	9.30am to 10am 10.45am to 11.45am 9.30am to 10.30am 12.30pm to 1pm 5.15pm to 5.45pm	WEEKEND	Saturday Bootcamp Stages Power Cycle Total Body Fitness Sunday	8.30am to 9.15am 9.30am to 10.30am 10.30am to 11.30am
Ω	<section-header><text><text><text><text><text></text></text></text></text></text></section-header>	<ul> <li>6.45am to 7.30pm</li> <li>9.15am to 10.15am</li> <li>10.30am to 11.30am</li> <li>10.45am to 11.45am</li> <li>12pm to 1pm</li> <li>12.30pm to 1pm</li> <li>5.15pm to 6.15pm</li> </ul>	FRIDAY	AllFit Pilates with Julie Tai Chi with Michele Kettlebells 30 Family RT24	9.30am to 10am 10.45am to 11.45am 9.30am to 10.30am 12.30pm to 1pm 5.15pm to 5.45pm	WEEKEND	Saturday Bootcamp Stages Power Cycle Total Body Fitness Stages Core with Kerry Total Body Fitness	8.30am to 9.15am 9.30am to 10.30am 10.30am to 11.30am

Updated 28 December 2022

## January to March 2023

