

# Class Timetable.....it's time to get yourself energised

Everyone is welcome at our classes and options may be given to cater for all fitness levels, so you can workout at your own pace. If you are unsure or have any questions just arrive a few minutes before the class and speak to the instructor.

## remember

**Calorie Burning Classes**

**Muscle Toning & Endurance Classes**

**All Over Body Workout Classes**

**Re-Energise & Relax Classes**

**Specialist Classes**

**Water Workout Classes**

**Introductory Low Impact Classes**

## class locations

MH main hall  
S1 studio 1  
S2 studio 2  
SS spin studio  
MP main pool  
SP splash pool  
TR terrace room  
SA stretch area (gym)

## key

▲ This class is part of Wellness Morning

# Term time only

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>BodyVive ▲</b> 9.15-10.00am Jill/Claire MH	<b>Body Conditioning</b> 7.15-8.00am Cat S1	<b>Spinning</b> 7.30-8.00am Adrian SS	<b>Body Conditioning</b> 7.15-8.00am Cat S1	<b>Spinning</b> 7.30-8.00am Cat SS	<b>Spinning</b> 9.00-9.45am Mina/Jo SS	<b>Swim Fit</b> 8.00-8.55am Bridgette/Bobby MP
<b>Legs, Bums &amp; Tums</b> 9.15-10.10am Brandy S1	<b>Legs, Bums &amp; Tums</b> 9.15-10.10am Georgina S1	<b>Aqua Energy</b> 7.45-8.25am Brigitte SP	<b>Deep Water Aqua</b> 7.30-8.25am Brigitte MP	<b>Aqua Energy</b> 7.45-8.25am Jo SP	<b>Spinning</b> 9.50-10.20am Mina/Jo SS	<b>Spinning</b> 9.00-9.30am Jo C SS
<b>Spinning</b> 9.45-10.15am Will SS	<b>Spinning</b> 9.30-10.00am Tony SS	<b>Aerobics ▲</b> 9.15-10.00am Georgina MH	<b>Aerobics</b> 9.15-10.10am Cat S1	<b>Deep Water Aqua</b> 8.00-8.55am Brigitte MP		
	<b>Running Group</b> 9.30-10.30am David TR	<b>Spinning</b> 9.15-9.45am Cleo SS	<b>Spinning</b> 9.30-10.00am Georgina SS	<b>BodyVive ▲</b> 9.15-10.10am Claire S1		<b>Spinning</b> 9.40-10.25am Jody SS
		<b>Body Conditioning</b> 9.30-10.25am Sarah S1	<b>Ashtanga Yoga</b> 9.30-10.25am Scott TR	<b>Spinning</b> 9.35-10.05am Georgina SS		<b>Circuits</b> 10.00-10.55am Paula S1
<b>Abs &amp; Back ▲</b> 10.00-10.30am Paula TR	<b>Spinning</b> 10.05-10.35am Tony SS	<b>Spinning</b> 9.50-10.20am Cleo SS	<b>Running Group</b> 9.30-10.30am Naomi TR	<b>Spinning</b> 10.10-10.40am Georgina SS	<b>Spinning</b> 10.30-11.00am Jody SS	<b>Spinning</b> 10.30-11.00am Adrian SS
<b>Body Conditioning</b> 10.15-11.10am Sarah S1	<b>BodyCombat</b> 10.15-11.10am Charlotte S1	<b>Abs &amp; Back ▲</b> 10.00-10.30am Irena MH	<b>Spinning</b> 10.05-10.35am Georgina SS	<b>Body Conditioning ▲</b> 10.15-11.10am Sarah S1	<b>BodyPump</b> 11.05-12.00pm Tony S1	<b>Legs, Bums &amp; Tums</b> 11.00-11.55am Paula S1
<b>Spinning</b> 10.20-10.50am Will SS	<b>Deep Water Aqua</b> 10.45-11.40am Linda MP	<b>BodyPump</b> 10.30-11.25am Cleo S1	<b>20/20/20</b> 10.15-11.10am Kerry S1	<b>Deep Water Aqua</b> 10.45-11.40am Clive MP	<b>Spinning</b> 11.05-11.35am Jody SS	<b>Spinning</b> 11.05-11.35am Adrian SS
<b>Pilates ▲</b> 10.35-11.30am Paula TR	<b>BodyBalance</b> 11.15am-12.10pm Charlotte S1	<b>Deep Water Aqua</b> 10.45-11.40am Georgina MP	<b>Aqua Natal #</b> 10.45-11.40am Georgina SP	<b>Well Fit ▲</b> 11.15-12.10pm Zoe S1	<b>BodyPump</b> 12.05-1.00pm Tony S1	
<b>Deep Water Aqua</b> 10.45-11.40am Naomi MP		<b>Aqua Fit #</b> 10.45-11.30am Angela SP	<b>Pilates</b> 11.15-12.10pm Cat S1			
<b>Maximal Pump</b> 11.15-12.10pm Adrian S1	<b>BodyPump</b> 1.00-1.55pm Cleo S1	<b>Core Stability</b> 11.30-11.55am Jemma SA	<b>Core Stability</b> 11.30-11.55am Jemma SA			
	<b>Functional Fitness</b> 2.00-2.55pm Zoe S2	<b>Aqua Natal #</b> 11.30-12.25pm Sarah SP			<b>Spinning</b> 1.00-1.30pm Tony SS	
	<b>Just Abs</b> 5.30-5.55pm Dan S2	<b>Well Fit ▲</b> 12.00-12.55pm Irena S1				
<b>BodyBalance</b> 1.00-1.55pm Claire S1	<b>Legs, Bums &amp; Tums</b> 5.30-6.25pm Claire S1	<b>Spinning</b> 1.00-1.30pm Dan SS	<b>Spinning</b> 1.00-1.30pm Rebecca SS			<b>Hatha Yoga</b> 4.00-5.30pm Kamini S1
<b>Spinning</b> 1.00-1.30pm Dan SS	<b>Spinning</b> 5.30-6.00pm Roxy SS	<b>Spinning</b> 5.30-6.00pm Rebecca SS				
<b>Legs, Bums &amp; Tums</b> 5.30-6.25pm Alison S1	<b>Circuits</b> 6.00-6.55pm Adrian MH	<b>Step</b> 5.30-6.25pm Alison S1	<b>Spinning</b> 5.25-5.55pm Jo C SS			
<b>Spinning</b> 5.45-6.30pm Cat SS	<b>BodyBalance</b> 6.00-6.55pm Cat TR	<b>Awesome Abs Circuits</b> 6.00-6.55pm Claire MH	<b>Just Abs</b> 5.30-5.55pm Cat S1	<b>Legs, Bums &amp; Tums</b> 5.30-6.25pm Paula S1		
<b>BodyPump</b> 6.30-7.25pm Tony S1	<b>Step</b> 6.00-6.55pm Alison S2	<b>Spinning</b> 6.05-6.50pm Rebecca SS	<b>Circuits</b> 6.00-6.55pm Adrian MH	<b>Spinning</b> 6.00-6.30pm Mina SS		
<b>Spinning</b> 6.35-7.05pm Jo SS	<b>Spinning</b> 6.05-6.35pm Roxy SS	<b>BodyPump</b> 6.30-7.25pm Jill S1	<b>Body Conditioning</b> 6.00-6.55pm Jo C S1	<b>Spinning</b> 6.35-7.05pm Mina SS		
<b>Aerobics</b> 7.00-7.55pm Georgina MH	<b>BodyPump</b> 6.30-7.25pm Claire S1	<b>Legs, Bums &amp; Tums</b> 7.00-7.55pm Sarah MH	<b>Urban Funk</b> 6.00-6.55pm Cat S2	<b>Endurance Spinning</b> 7.10-8.10pm Rebecca SS		
<b>Spinning</b> 7.10-7.40pm Jo SS	<b>Spinning</b> 6.45-7.30pm Dan SS	<b>Spinning</b> 7.05-7.35pm Claire SS				
<b>Intermediate Pilates</b> 7.30-8.25pm Cat S1	<b>BodyCombat</b> 7.00-7.55pm Charlotte MH	<b>Bellyobics</b> 7.30-8.25pm Kateneh S1	<b>Spinning</b> 6.15-7.00pm Rebecca SS			
<b>Spinning</b> 7.45-8.15pm Tony SS	<b>Dance Jam</b> 7.00-7.55pm Cat S2	<b>Spinning</b> 7.40-8.10pm Jody SS	<b>BodyCombat</b> 7.00-7.55pm Claire MH			
	<b>Legs, Bums &amp; Tums</b> 7.30-8.25pm Roxy S1	<b>Circuits</b> 8.00-8.55pm Sarah MH	<b>BodyBalance</b> 7.00-7.55pm Cat S2			
	<b>Spinning</b> 7.35-8.05pm Dan SS	<b>Aqua Fit</b> 8.00-8.55pm Paula SP	<b>Spinning</b> 7.10-7.40pm Rebecca SS			
<b>Circuits</b> 8.00-8.55pm Adrian MH	<b>Starter Circuits</b> 8.00-8.55pm Paula MH	<b>BodyBalance</b> 8.05-9.00pm Jo Y S2	<b>Spinning</b> 7.45-8.15pm Tony SS			
<b>Aqua Energy</b> 8.00-8.55pm Clive SP	<b>Aqua Natal</b> 8.00-8.55pm Sarah SP	<b>Spinning</b> 8.15-8.45pm Jody SS	<b>Starter Circuits</b> 8.00-8.55pm Mina MH			
<b>Deep Water Aqua</b> 8.15-9.10pm Georgina MP	<b>Hatha Yoga</b> 8.30-9.25pm Mark S1	<b>Iyengar Yoga</b> 8.30-10.00pm Elaine S1	<b>Aqua Natal</b> 8.00-8.55pm Debbie SP			
<b>Spinning</b> 8.20-8.50pm Tony SS	<b>Iyengar Yoga</b> 8.30-10.00pm Mary TR		<b>Spinning</b> 8.20-8.50pm Tony SS			
<b>Pilates</b> 8.30-9.25pm Paul S1						

Pay-as-you-go or Membership options available



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