

# Class Timetable.....pay-as-you-go or membership options

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

## key

- ▲ This class is part of Wellness Morning
- # Term time only

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Hydro Active Level 2</b> 7.45-8.25am Ann SP	<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 Rebecca/Nicky B SS	<b>Swim Fit</b> 8.00-8.55am Brigitte MP
<b>Hydro Active Level 2</b> 8.30-9.10am Ann SP	<b>Aqua Circuits</b> 7.45-8.25am Brigitte SP	<b>Aqua Energy</b> 7.45-8.25am Brigitte SP	<b>Deep Water Aqua</b> 7.30-8.25am Brigitte MP	<b>Deep Water Aqua</b> 8.00-8.55am Brigitte MP	<b>BodyCombat</b> 9.00-9.55am Tony S1	<b>Spinning</b> 9.00-9.30am Amy D/Tia SS
<b>Hydro Active Level 2</b> 9.15-9.55am Naomi SP	<b>Hydro Active Level 2</b> 8.30-9.10am Brigitte SP	<b>Hydro Active Level 2</b> 8.30-9.10am Brigitte SP		<b>Hydro Active Level 2</b> 8.30-9.10am Cathy SP	<b>Spinning</b> 9.50-10.20am Rebecca/Nicky B SS	<b>Zumba</b> 9.00-9.55am Kelly S1
<b>Aerotone ▲</b> 9.15-10.00am Laura MH	<b>Hydro Active Level 2</b> 9.15-9.55am Cathy SP	<b>Hydro Active Level 2</b> 9.15-9.55am Angie SP	<b>Hydro Active Level 2</b> 8.30-9.10am Ann SP	<b>Hydro Active Level 2</b> 9.15-9.55am Cathy SP		<b>Spinning</b> 9.35-10.20am Amy D/Tia SS
<b>Legs, Bums &amp; Tums</b> 9.15-10.10am Claire S1	<b>Legs, Bums &amp; Tums</b> 9.15-10.10am Georgina S1	<b>Zumba ▲</b> 9.15-10.00am Georgina MH	<b>Hydro Active Level 2</b> 9.15-9.55am Brigitte SP	<b>NEW Legs, Bums &amp; Tums ▲</b> 9.15-10.10am Claire S1		<b>Circuits</b> 10.00-10.55am Paula S1
<b>NEW Spinning</b> 9.30-10.00am Will SS	<b>Spinning</b> 9.30-10.00am Nicky SS	<b>Spinning</b> 9.15-9.45am Tony SS	<b>Zumba</b> 9.15-10.10am Cat S1	<b>Spinning</b> 9.30-10.00am Laura SS	<b>Spinning</b> 10.30-11.00am Dan SS	<b>Spinning</b> 10.30-11.00am Adrian SS
<b>NEW Spinning</b> 10.05-10.35am Will SS	<b>Hydro Active Level 1</b> 10.00-10.40am Cathy SP	<b>Body Conditioning</b> 9.30-10.25am Nicky S1	<b>Spinning</b> 9.30-10.00am Georgina SS	<b>Spinning</b> 10.05-10.35am Laura SS	<b>BodyPump</b> 11.05-12.00pm Tony S1	<b>Legs, Bums &amp; Tums</b> 11.00-11.55am Paula S1
<b>Body Conditioning</b> 10.15-11.10am Claire S1	<b>Running Group</b> 9.30-10.30am Heather TR	<b>Spinning</b> 9.50-10.20am Tony SS	<b>Ashtanga Yoga</b> 9.30-10.25am Zoe TR	<b>Body Conditioning</b> 10.15-11.10am Sarah S1	<b>Spinning</b> 11.05-11.35am Dan SS	<b>Spinning</b> 11.05-11.35am Adrian SS
<b>Pilates ▲</b> 10.35-11.30am Paula TR	<b>Spinning</b> 10.05-10.35am Nicky SS	<b>Pilates ▲</b> 10.00-10.55am Yolanda TR	<b>Spinning</b> 9.30-10.30am Heather TR		<b>BodyPump</b> 12.05-1.00pm Tony S1	
	<b>BodyCombat</b> 10.15-11.10am Jo L S1	<b>BodyPump</b> 10.30-11.25am Tony S1	<b>Hydro Active Level 1</b> 10.00-10.40am Brigitte SP	<b>Deep Water Aqua</b> 10.45-11.40am Clive MP		
<b>Maximal Pump</b> 11.15-12.10pm Adrian S1	<b>Deep Water Aqua#</b> 10.45-11.40am Linda MP	<b>Deep Water Aqua</b> 10.45-11.40am Georgina MP	<b>Spinning</b> 10.05-10.35am Georgina SS	<b>NEW Pilates</b> 11.15-12.10pm Jo Y TR		
<b>Hydro Active Level 2</b> 11.45-12.25pm Angie SP#	<b>BodyBalance</b> 11.15am-12.10pm Jo L S1	<b>Aqua Fit</b> 10.45-11.30am Angela SP	<b>20/20/20</b> 10.15-11.10am Kerry S1	<b>Well Fit ▲</b> 11.15-12.10pm Zoe S1		
<b>Health Circuits</b> 12.15-1.10pm Brigitte S2	<b>BodyPump</b> 1.00-1.55pm Tony S1		<b>Aqua Natal #</b> 10.45-11.40am Georgina SP	<b>Hydro Active Level 2</b> 11.45-12.25pm Angie SP#		
	<b>Health Circuits</b> 1.00-1.55pm Irena S2		<b>Pilates</b> 11.15-12.10pm Cat S1	<b>Health Circuits</b> 12.15-1.10pm Brigitte S1		
<b>Zumba</b> 1.00-1.55pm Georgina S1	<b>Functional Fitness</b> 2.00-2.55pm Zoe S1		<b>Health Circuits</b> 1.00-1.55pm Irena S2			
<b>Spinning</b> 1.00-1.30pm Will SS	<b>Just Abs</b> 5.30-5.55pm Cat S2	<b>Well Fit ▲</b> 12.00-12.55pm Irena S1	<b>Spinning</b> 1.00-1.30pm Jen SS	<b>Spinning</b> 1.00-1.30pm Tony SS		
	<b>Legs, Bums &amp; Tums</b> 5.30-6.25pm Sarah S1	<b>Spinning</b> 1.00-1.30pm Simon SS		<b>Mobilise</b> 2.30-3.25pm Kerry S1		<b>Hatha Yoga</b> 5.00-6.30pm Kamini S1
	<b>Spinning</b> 5.30-6.00pm Lucy SS		<b>Active Backs</b> 4.00-4.55pm Laura S1			
	<b>Circuits</b> 6.00-6.55pm Adrian MH	<b>Spinning</b> 5.30-6.00pm Jen SS	<b>Spinning</b> 5.25-5.55pm Jen SS	<b>BodyPump</b> 5.30-6.25pm Nicky S1		
<b>Legs, Bums &amp; Tums</b> 5.30-6.25pm Alison S1	<b>BodyBalance</b> 6.00-6.55pm Cat TR	<b>20/20/20</b> 5.45-6.40pm Sarah S1	<b>Just Abs</b> 5.30-5.55pm Cat S1	<b>Legs, Bums &amp; Tums</b> 5.30-6.25pm Paula S2		
<b>Spinning</b> 5.45-6.30pm Cat SS	<b>Step</b> 6.00-6.55pm Alison S2	<b>NEW Athletic Conditioning</b> 6.00-6.55pm Tony MH	<b>Circuits</b> 6.00-6.55pm Adrian MH	<b>Spinning</b> 6.00-6.30pm Taylor SS		
<b>BodyPump</b> 6.30-7.25pm Tony S1	<b>Spinning</b> 6.05-6.35pm Lucy SS	<b>Spinning</b> 6.05-6.50pm Jen SS	<b>Spinning</b> 6.00-6.55pm Cat S1	<b>Spinning</b> 6.35-7.05pm Nicky SS		
<b>Spinning</b> 6.35-7.05pm Nicky SS	<b>BodyPump</b> 6.30-7.25pm Laura S1	<b>BodyPump</b> 6.45-7.40pm Chris S1	<b>Body Conditioning</b> 6.00-6.55pm Claire S2	<b>Endurance Spinning</b> 7.10-8.10pm Rebecca SS		
<b>Zumba</b> 7.00-7.55pm Tanya MH	<b>Spinning</b> 6.45-7.30pm Amy W SS		<b>Spinning</b> 6.15-7.00pm Becky W SS			
<b>Spinning</b> 7.10-7.40pm Nicky SS	<b>BodyCombat</b> 7.00-7.55pm Tony MH	<b>Zumba</b> 7.00-7.55pm Amy D MH	<b>BodyCombat</b> 7.00-7.55pm Claire MH			
<b>BodyBalance</b> 7.30-8.25pm Hannah S1	<b>Zumba</b> 7.00-7.55pm Cat S2	<b>Spinning</b> 7.05-7.35pm Tony SS	<b>BodyBalance</b> 7.00-7.55pm Cat TR			
<b>Spinning</b> 7.45-8.15pm Tony SS	<b>Back Care Pilates</b> 7.00-7.55pm Chris TR	<b>Zumba</b> 7.45-8.40pm Kateneh S1	<b>Legs, Bums &amp; Tums</b> 7.00-7.55pm Claire Crowley S2			
<b>Circuits</b> 8.00-8.55pm Adrian MH	<b>Legs, Bums &amp; Tums</b> 7.30-8.25pm Louise S1	<b>Spinning</b> 7.45-8.15pm Michelle SS	<b>Spinning</b> 7.05-7.35pm Becky W SS			
<b>Aqua Energy</b> 8.00-8.55pm Clive SP	<b>Spinning</b> 7.35-8.05pm Amy W SS	<b>Circuits</b> 8.00-8.55pm Tony MH	<b>Spinning</b> 7.45-8.15pm Tony SS			
<b>Ashtanga Yoga</b> 8.15-9.10pm Zoe TR	<b>Starter Circuits</b> 8.00-8.55pm Paula MH	<b>Aqua Energy</b> 8.00-8.55pm Lucy SP	<b>Starter Circuits</b> 8.00-8.55pm Kerry MH			
<b>Spinning</b> 8.20-8.50pm Tony SS	<b>Hatha Yoga</b> 8.30-9.25pm Mark S1	<b>BodyBalance</b> 8.05-9.00pm Becky S2	<b>Spinning</b> 8.20-8.50pm Tony SS			
<b>Functional Pilates</b> 8.30-9.25pm Chris S1		<b>NEW Hatha Yoga</b> 8.30-10.00pm Kamini TR				



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