

# Studio Timetable

The timetable has a mix of simple and choreographed classes aimed at different fitness levels and abilities, something to suit everyone. If you are unsure about a particular class speak to an instructor who will be happy to recommend different classes for your level.

## Monday

Time	Class	Studio
09.30-10.15	Tri Workout	1
09.30-10.15	Fitball/Pilates	2
09.30-10.30	Gym Clinic-Cardio Training	FS1/2
10.15-11.05	Body Pump	1
10.20-11.05	Pilates	2
11.05-11.20	Pilates Taster	2
11.20-12.05	Pilates	2
11.15-12.00	Vibe Cycle	1
11.15-12.00	Aqua	Pool
12.15-13.00	Line Dancing Improver	1
14.00-14.45	Body Step	1
17.15-17.30	Vibe Cycle Taster	1
17.30-18.15	Vibe Cycle	1
17.30-18.15	Body Conditioning	2
18.30-19.15	Boxercise	1
18.30-19.15	Aqua	Pool
18.30 - Finish	Stride Out Running Club (All)	
18.30-Finish	Village Hyde Striders (int/adv)	
19.00-20.30	Hatha Yoga	2
19.30-20.15	Circuit	1

## Tuesday

Time	Class	Studio
08.30-09.15	Vibe Cycle	1
09.30-10.15	Body Attack	1
09.30-10.15	Chi Ball	2
09.30-10.30	Gym Clinic-Power Plates	FS1/2
10.15-11.00	Body Conditioning	1
10.15-11.00	Beginners Pilates	2
11.00-12.00	Line Dancing Total Beginners	1
14.30-15.30	Zumba	1
17.30-18.15	Body Attack	1
18.15-19.00	Body Conditioning	2
18.15-19.15	Body Pump	1
18.30-19.30	Gym Clinic- Core Stability	FS1/2
19.15-20.00	Body Combat	1
20.00-21.00	Kickboxing	1

## Wednesday

Time	Class	Studio
09.30-10.15	Intermediate Step	1
09.30-10.30	Gym Clinic - Free Weights	FS1/2
09.30-10.15	Body Conditioning	2
10.15-11.00	Body Conditioning	1
11.00-11.45	Pilates	1
12.00-12.45	Vibe Cycle	1
12.00-12.45	Aqua	Pool
16.00-16.30	Baby Ballet (from School Age)	1
16.30-17.00	Junior Cheerleading (5+)yrs	1
17.30-18.15	Step	1
17.15-18.00	Simple Aerobics	2
18.15-19.00	Tri Workout	1
18.20-19.05	Aqua	Pool
18.30 - Finish	Village Hyde Striders (int/Adv)	
18.30-Finish	Stride Out Running Club	
18.30-19.30	Gym Clinic - Cardio Training	FS1/2
19.00-19.15	Vibe Cycle Taster	1
19.15-20.00	Vibe Cycle	1
19.10-19.55	Pilates for All	2
20.00-20.45	Body Step	1

## Thursday

Time	Class	Studio
09.15-09.30	Vibe Cycle Taster	1
09.30-10.15	Vibe Cycle	1
09.30-10.15	Pilates	2
10.15-11.00	Body Conditioning	1
10.30-11.30	Gym Clinic - Core Stability	FS1/2
11.00-11.45	Kickboxing	1
13.30-14.15	Body Step	1
14.30-15.30	Tai Chi	1
17.30-18.15	Body Combat	1
18.00-19.00	Gym Clinic - Free Weights	FS 1/2
18.15-19.15	Body Pump	1
18.15-19.00	Fitball Conditioning	2
19.00-19.45	Pilates for All	2
19.30-20.15	Vibe Cycle	1

## Friday

Time	Class	Studio
07.30-08.15	Velocity Spin	1
09.15-09.30	Body Training Systems Taster	1
09.30-10.15	Tri Workout	1
10.30-12.00	Iyenga Yoga	1
10.30-11.15	Aqua	Pool
10.30-11.30	Gym Clinic-Resistance Training	FS1/2
12.00-13.30	Line Dancing Int/Adv	1
12.00-14.00	Young at heart meeting	Victory
13.30-14.15	Pure Stretch	1
14.15-15.00	Body Conditioning	1
17.00-17.50	Circuit	1
18.00-18.30	Kids Splash	Pool
18.00-19.00	Gym Clinic-Power Plates	FS1/2
18.00-18.45	Pilates	1

## Saturday

Time	Class	Studio
09.15-10.00	Funky Monkeys	1
09.15-10.45	Family Karate	2
10.00-10.45	Vive Dancefit	1
10.45-11.30	Body Conditioning	1
10.45-11.30	Junior Sports Mania (4+yrs)	2
11.30-12.15	Advanced Step	1
12.30-13.15	Velocity Spin	1
12.30-13.15	Aqua	Pool
15.00-16.00	Gym Clinic	FS1/2
15.45-16.00	Velocity Spin Taster	1
16.00-16.45	Velocity Spin	1
17.00-17.50	Circuit Training	1

## Sunday

Time	Class	Studio
10.00-10.45	Body Step	1
10.00-10.45	Junior Gym 8yrs+	FS1/2
10.30-11.30	Kids Splash	Pool
10.45-11.30	Body Conditioning	1
11.45-12.30	Velocity Spin	1
15.00-16.00	Gym Clinic	FS1/2
15.45-16.30	Kids Kickboxing (4+yrs)	1
16.30-17.30	Kickboxing Purple + Belts	1
17.30-18.15	Fitball	1

For further details about any of our studio classes, please speak to a member of our leisure team.

THIS PROGRAMME WILL RUN FROM MONDAY 18TH JANUARY 2010

