

PINGLES CLASS TIMETABLE

Monday

09.00 – 09.45	Awesome Abs	Dance Studio
09.45 – 10.45	Tums & Bums	Dance Studio
12.00 – 12.45	Aquafit	Comp Pool
12.45 – 13.30	Aqua mobility	Comp Pool
17.15 – 18.00	Body Energise	Dance Studio
18.00 – 19.00	Power Pump	Dance Studio
19.00 – 20.00	Body Blitz	Dance Studio
19.45 – 21.00	Yoga	Crèche
20.15 – 21.15	Spinning	Dance Studio

Tuesday

07.15 – 08.00	Spinning	Dance Studio
09.40 – 10.40	Total Tone	Dance Studio
10.45 – 11.30	Zumba	Dance Studio
18.00 – 19.00	Bodysculpt	Dance Studio
19.00 – 20.00	Fit Mix	Dance Studio
20.15 – 21.00	Awesome Abs	Dance Studio

Wednesday

10.00 – 11.00	50+ Aerobics	Dance Studio
12.00 – 12.45	Aquafit	Comp Pool
12.00 – 12.45	Spinning	Dance studio
12.45 – 13.30	Aqua mobility	Comp Pool
17.30 – 18.15	Spinning	Dance Studio
18.30 – 19.30	Circuits	Crèche
18.30 – 19.15	Body Energise	Dance Studio
19.15 – 20.00	Tums & Bums	Dance Studio
20.00 – 21.00	Power Pump	Dance Studio

Thursday

07.15 – 08.00	Spinning	Dance Studio
09.40 – 10.40	Tums & Bums	Dance Studio
10.45 – 11.45	50+ Aerobics	Dance Studio
11.00 – 11.45	Aqua natal	Comp pool
18.00 – 18.45	Zumba	Dance Studio
18.00 – 19.00	Pilates	Crèche
19.15 – 20.00	Awesome Abs	Crèche
19.00 – 20.00	Body Blitz	Dance Studio
20.00 – 20.45	Aquafit	Comp Pool
20.15 – 21.00	Spinning	Dance Studio

Friday

09.40 – 10.40	Aerobics	Dance Studio
10.45 – 11.45	Pilates	Dance Studio
17.30 – 19.00	Yoga	Crèche
18.00 – 19.00	Fit Mix	Dance Studio

Sunday

10.00 – 11.00	Boxercise	Dance Studio
11.30 – 12.15	Spinning	Dance Studio

TEMPORARY - THIS TIMETABLE WILL RUN UNTIL JANUARY 2012

024 76 400 500



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BEDWORTH CLASS TIMETABLE

Monday

9.30-10.30	Hi-Energy	Dance Studio
10.30-11.15	Fitball	Dance Studio
11.30-1.00	Yoga	Dance Studio
12.00-13.00	L.A.P.S	Ladies Only Gym
18.00-19.00	Body Energise	Dance Studio
19.15-20.15	Circuits	Dance Studio
20.15-21.00	Zumba	Dance Studio
20.00-20.45	Aqua Natal	Main Pool
21.00-22.00	Aquafit	Main Pool

Tuesday

9.30-10.30	Tums & Bums	Dance Studio
10.40-11.40	50+ Aerobics	Dance Studio
18.00-19.00	Body Blitz	Dance Studio
19.00-20.00	Power Pump (+)	Dance Studio
20.15-21.00	Aerobiking	Dance Studio

Wednesday

9.30-10.30	Power Pump	Dance Studio
10.30-12.00	Inclusive Activities	Dance Studio
12.00-13.00	L.A.P.S	Ladies Only Gym
14.30-15.30	Aquafit	Main Pool
18.00-19.00	Circuits	Dance Studio
19.15-20.00	Aerobiking	Dance Studio

Thursday

9.30-10.30	Fit Mix	Dance Studio
10.45-12.15	Yoga	Dance Studio
18.00-19.00	Box Fit	Dance Studio
19.00-20.10	Pilates	Creche
19.00-20.00	Power Pump	Dance Studio
20.30-21.15	Zumba	Dance Studio
20.00-21.00	Aquafit	Main Pool

Friday

9.30-10.15	Awesome Abs	Dance Studio
10.00-11.00	Aquafit	Main Pool
10.15-11.15	50+ Aerobics	Dance Studio
11.00-11.45	Aqua Mobility	Learner Pool
12.00-13.00	L.A.P.S	Ladies Only Gym

Saturday

10.00-10.45	Aerobiking	Dance Studio
13.00-14.00	Teen Circuits	Gym

Sunday

10.00-11.00	Body Blitz	Dance Studio
13.00-14.00	Teen Circuits	Gym

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Monday

10.30-11.15	50+ Aerobics	Social Room
18.30-19.15	Legs, Tums & Bums	Sports Hall
19.15-20.15	Aerobics	Sports Hall
20.15-21.15	Circuits	Sports Hall

Tuesday

18.30-19.30	Aerobics	Sports Hall
19.30-20.30	Zumba	Sports Hall

Wednesday

18.30-19.30	Stretch & Tone	Sports Hall
20.00-21.00	Circuits	Sports Hall

Thursday

18.30-19.30	Cardio Kick	Sports Hall
19.30-20.15	Awesome Abs	Sports Hall

Saturday

9.30-10.30	Tums & Bums	Sports Hall
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Sunday

10.15-11.15	Circuits	Sports Hall
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JUBILEE CLASS TIMETABLE

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Monday

17.00-17.45	Back Rehab	Dance Studio
17.45-18.30	Tums & Bums	Dance Studio
18.30-19.15	Zumba	Dance Studio

Wednesday

17.45-18.30	Cardio Step	Dance Studio
18.30-19.30	Studio Strength	Dance Studio

Thursday

17.45-18.30	Energy Rush	Dance Studio
18.30-19.15	Total Tone	Dance Studio

ACADEMY CLASS TIMETABLE

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DESCRIPTIONS

50+ Aerobics

Designed for those over 50 who want to keep in shape with gentle exercise in a fun and friendly environment.

Aerobics/Hi-Energy

Combining high and low impact exercises as well as floor work to help you tone up and improve your general fitness.

Aquafit

A fun low impact class using the resistance of the water to tone your whole body.

Aqua Natal

This water based session is suitable for all expectant mums wanting to stay fit and healthy.

Awesome Abs

This class will help you achieve that six-pack as well as strengthen your back, preventing back problems and improving posture.

Body Blitz

A class designed to increase lean muscle tissue and metabolism incorporating aerobic and floor work to target the whole body.

Body Energise

A fast paced aerobic class that really works your hearts and lungs and great calorie burner leaving you ready for anything.

Boxing

Boxfit – An aerobic class incorporating boxing techniques great for burning calories.

Boxercise – A class combining the fundamental skills of boxing to help develop fitness strength and stamina.

Cardio Kick

A high cardiovascular fitness programme to give you an intense and full body workout.

Cardio Step

Basic step choreography combined with high energy moves.

Circuits

Using a range of exercises to target all your muscles. A good calorie burner and a refreshing change to your gym programme.

Energy Rush

A variety of aerobic exercises and techniques to achieve the ultimate work out.

Fitball

A great class using a series of challenging exercises that use an inflatable stability ball for an all over body workout.

Inclusive Activities

Disability session incorporates Boccia, Kurling and football. Come along and give it a go!

L.A.P.S. (Ladies Gym)

Ladies Allover Physical Session.

A hour class led by a fully qualified instructor, consisting of a mixture of exercises using Hur equipment, free weights, dyna bands and swiss balls, to give a all over body workout.

Pilates

Designed to improve core stabilisation, mobility, posture and breathing. In this class you will learn techniques to enhance flexibility, balance co-ordination and tone.

Power Pump

A class combination of body bars, hand weights and resistance bands. By targeting all major muscle groups this class will work your heart rate, give you strength and tone.

Power Pump (+) is a core stability focused Power Pump class.

Spinning/Aerobiking

It's an aerobic class on a bike! This class will increase your stamina levels and is a great calorie burner.

Stretch & Tone

Chill out while working out, a relaxing but motivating class using low impact toning moves and stretches for a complete workout.

Studio Strength

This non impact resistance workout is designed to give your body a complete workout using a weighted bar. This class will change the shape of your body.

Total Tone/Fit Mix

Full body toning combined with cardio. Incorporating a variety of styles using hand weights, fit balls, and other fitness equipment.

Tum & Bums

A toning class that targets the lower body focusing on your abdominals and bottoms.

Teen Circuits

A gym based class for 12 - 16 year olds incorporating cardiovascular equipment and toning.

Yoga

Using a range of movements and stretches to increase flexibility and improve strength.

Zumba

This class involves dance moves set to Latin music! Fun, energising and easy to follow regardless of your fitness level. Join the party! **Zumba & Tone** has added kick!