



## Fitness Classes Timetable – Autumn 2018

### Monday

| Class  | Level | Class Time    | Leader |
|--|-------|---------------|--------|
| H.I.I.T Circuits   | 2     | 09.15 – 10.15 | Alison |
| Buggy Circuit (book with Lorna)**  | All   | 10.00 – 11.00 | Lorna  |
| Barre Concept** <i>Please book at <a href="mailto:barreconceptwithjo@gmail.com">barreconceptwithjo@gmail.com</a></i> | All   | 10.30 – 11.30 | Jo     |
| Zumba Gold (starts 10 <sup>th</sup> September)   | 1     | 13.30 – 14.30 | Sandra |
| Total Body Aerobics  | All   | 18.00 – 19.00 | Hazel  |
| Mad Circuits   | All   | 19.00 – 20.00 | Alison |
| Nordic Walking (please book)   | All   | 19.15 – 20.15 | Hazel  |
| Bounce**   | All   | 20.00 – 21.00 | Claire |

### Tuesday

| Class                 | Level | Class Time    | Leader |
|-----------------------|-------|---------------|--------|
| The Mixer             | All   | 09.30 – 10.30 | Jane   |
| Bounce**              | All   | 10.30 – 11.30 | Claire |
| All Over Body Workout | All   | 18.00 – 19.00 | Sarah  |
| Zumba Conditioning    | All   | 19.00 – 20.00 | Anna   |

### Wednesday

| Class                                   | Level | Class Time    | Leader |
|---|-------|---------------|--------|
| Body Sculpt                             | All   | 09.15 – 10.15 | Andrew |
| Total Fitness Camp (book with Darren)** | All   | 09.30 – 10.15 | Darren |
| Buggy Circuit (book with Lorna)**       | All   | 10.00 – 11.00 | Lorna  |
| Pump it Up                              | All   | 18.00 – 19.00 | Sharon |
| Zumba                                   | All   | 18.45 – 19.45 | Karen  |
| Bounce**                                | All   | 19.00 – 20.00 | Claire |

Classes with \* should be **BOOKED IN ADVANCE**, please contact Wodson Park Reception.

Classes with \* are **NOT** included on the Aerobics Monthly Tickets.

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## Thursday

| Class                             | Level | Class Time    | Leader |
|-----------------------------------|-------|---------------|--------|
| Pure Abs                          | All   | 09.30 – 10.00 | Hazel  |
| Body Blitz                        | All   | 10.00 – 11.00 | Hazel  |
| Buggy Circuit (book with Lorna)** | All   | 10.00 – 11.00 | Lorna  |
| Senior Zumba                      | All   | 13.30 – 14.30 | Sharon |
| Body Conditioning                 | All   | 18.00 – 19.00 | Sharon |
| Zumba                             | All   | 19.00 – 20.00 | Astrid |
| Body Power Circuits               | All   | 20.00 – 21.00 | Alison |

## Friday

| Class          | Level | Class Time    | Leader |
|----------------|-------|---------------|--------|
| Below The Belt | All   | 09.30 – 10.30 | Sharon |
| Fit Stretch    | All   | 10.30 – 11.30 | Ana    |
| Bounce**       | All   | 10.30 – 11.30 | Claire |

## Saturday

| Class    | Level | Class Time   | Leader |
|----------|-------|--------------|--------|
| Aerobics | All   | 9.30 – 10.30 | Sarah  |

## Sunday

| Class | Level | Class Time   | Leader |
|-------|-------|--------------|--------|
| LBT   | All   | 9.30 – 10.30 | Sharon |

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