



## Fitness Classes Timetable - Spring 2020

### Monday

Class	Level	Class Time	Leader
H.I.I.T Circuits	2	09.15 – 10.15	Alison
Buggy Circuit (book with Lorna)**	All	09.30 – 10.15	Lorna
Buggy Circuit (book with Lorna)**	All	10.15 – 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
Total Body Conditioning	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
Total Body Conditioning	All	18.00 – 19.00	Sarah
Dance Fit with Conditioning	All	19.00 – 20.00	Sarah

### Wednesday

Class	Level	Class Time	Leader
Body Sculpt	All	09.15 – 10.15	Andrew
Buggy Circuit (book with Lorna)**	All	09.30 – 10.15	Lorna
Pure Abs	All	10.15 – 10.45	Andrew
Dance Fit	All	13.30 – 14.30	Sarah
Pump it Up	All	18.00 – 19.00	Sharon
Zumba	All	18.45 – 19.45	Karen
Bounce (book at <a href="http://bouncefitbody.com">bouncefitbody.com</a> )**	All	19.00 – 20.00	Claire
Bounce (book at <a href="http://bouncefitbody.com">bouncefitbody.com</a> )**	All	20.15 – 21.15	Claire

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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 – 10.45	Lorna
Senior Zumba *	All	13.30 – 14.30	Sharon
Body Conditioning	All	18.00 – 19.00	Sharon
Zumba	All	19.00 – 20.00	Astrid

## 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
Total Body Conditioning	All	9.30 – 10.30	Sarah

## Sunday

Class	Level	Class Time	Leader
POUND *	All	9.30 – 10.30	Sarah

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

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