



Fitness Classes Timetable – Winter 2019

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 barreconceptwithjo@gmail.com</i>	All	10.30 – 11.30	Jo
New Flamenco Fit (starts 28 th Jan)	All	13.30 – 14.30	Sarita
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
Buggy Circuit (book with Lorna)**	All	10.00 – 11.00	Lorna
New Pure Abs (starts 30 th Jan)	All	10.15 – 10.45	Andrew
New Dance Fit (<i>starting 23rd Jan</i>)	All	11.00 – 12.00	Ana
Pump it Up	All	18.00 – 19.00	Sharon
Zumba	All	18.45 – 19.45	Karen
Bounce (book at bouncefitbody.com)	All	19.00 – 20.00	Claire
Bounce (book at bouncefitbody.com)	All	20.15 – 21.15	Claire

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

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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

Reception.

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

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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