

Studio classes this week

Rugeley Leisure Centre

Accurate as of 17/07/2018

(17-07-2018 - 23-07-2018)



Day	Time	Session
Tue	07:05 - 07:35	X Bikes
Tue	10:00 - 11:00	Chair Aerobics
Tue	11:15 - 12:00	Low Intensity Body Conditioning
Tue	17:10 - 17:55	Stomp FX
Tue	18:00 - 18:45	Family Aqua
Tue	18:00 - 18:55	Body Pump®
Tue	18:00 - 19:00	Outdoor Fitness (£5.10)
Tue	18:45 - 19:30	Aqua Aerobics
Tue	19:05 - 20:05	PiYo
Tue	19:15 - 19:45	GRIT Series
Wed	07:15 - 07:45	GRIT Strength
Wed	07:55 - 08:25	GRIT Cardio
Wed	08:35 - 09:05	GRIT Cardio
Wed	11:00 - 12:00	Body Pump®
Wed	12:15 - 13:00	Fitness Pilates
Wed	17:15 - 17:45	Kettle Bells
Wed	17:50 - 18:50	BODYCOMBAT
Wed	18:55 - 19:55	Body Pump®
Wed	20:05 - 21:05	Yoga
Thu	07:05 - 07:35	X Bikes
Thu	09:30 - 10:30	Shape, Tighten and Tone

Day	Time	Session
Thu	10:40 - 11:40	Stretch and Tone
Thu	11:45 - 12:30	Aqua Aerobics
Thu	17:15 - 18:00	SH'BAM
Thu	18:00 - 18:55	Stomp FX
Thu	18:00 - 18:55	Stomp FX
Thu	18:05 - 18:50	X Bikes
Thu	19:00 - 20:00	Insanity
Fri	07:05 - 07:35	X Bikes
Fri	07:45 - 08:15	GRIT Series
Fri	08:20 - 08:50	GRIT Series
Fri	08:55 - 09:25	GRIT Series
Fri	09:30 - 10:30	Body Pump®
Fri	10:35 - 11:20	Core Blimey
Fri	14:00 - 15:00	Yoga
Fri	17:15 - 18:00	Fitness Pilates
Fri	18:15 - 19:00	Circuits
Sat	08:45 - 09:15	Kettle Bells
Sat	09:20 - 09:50	Kettle Bells
Sat	10:00 - 11:00	X Bikes
Sat	11:00 - 12:00	Insanity
Sun	08:35 - 09:05	Hatton Boxing
Sun	09:10 - 09:55	Core Blimey
Sun	10:00 - 10:55	Body Pump®
Sun	18:00 - 19:00	Yoga
Sun	19:10 - 20:10	Yoga

Day	Time	Session
Mon	09:30 - 10:25	Shape, Tighten and Tone
Mon	10:30 - 11:30	Pilates
Mon	11:00 - 11:45	Aqua Aerobics
Mon	17:15 - 18:00	SH'BAM
Mon	18:00 - 19:00	BODYCOMBAT
Mon	19:00 - 20:00	Insanity
Mon	19:30 - 20:30	Pilates