

# Studio classes this week

## Rugeley Leisure Centre

Accurate as of 19/03/2018

(19-03-2018 - 25-03-2018)



| 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                         |
| 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 - 19:00 | Outdoor Fitness (£5.10)         |
| Tue | 18:00 - 18:55 | Body Pump®                      |
| Tue | 18:00 - 18:45 | Family Aqua                     |
| Tue | 18:45 - 19:30 | Aqua Aerobics                   |
| Tue | 19:05 - 20:05 | PiYo                            |
| 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                 |

| <b>Day</b> | <b>Time</b>   | <b>Session</b>          |
|------------|---------------|-------------------------|
| 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 |
| 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        | 18:05 - 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        | 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           |

| <b>Day</b> | <b>Time</b>   | <b>Session</b> |
|------------|---------------|----------------|
| Sun        | 09:10 - 09:55 | Core Blimey    |
| Sun        | 10:00 - 10:55 | Body Pump®     |