

Studio classes this week

Chase Leisure Centre

Accurate as of 29/06/2017

(29-06-2017 - 05-07-2017)



| Day | Time | Session |
|-----|---------------|-------------------------|
| Thu | 07:00 - 07:45 | Insanity |
| Thu | 09:30 - 10:15 | Step |
| Thu | 10:15 - 11:15 | Body Pump® |
| Thu | 17:45 - 18:15 | GRIT Cardio |
| Thu | 18:15 - 18:45 | GRIT Strength |
| Thu | 18:30 - 19:15 | Kettle Bells |
| Thu | 18:30 - 19:15 | Pilates |
| Thu | 19:00 - 20:00 | BODYCOMBAT |
| Thu | 19:15 - 20:00 | X Bikes |
| Thu | 19:15 - 20:00 | Pure Stretch |
| Fri | 07:00 - 07:45 | Metafit |
| Fri | 09:30 - 10:15 | Circuits |
| Fri | 10:15 - 11:00 | Bodytone |
| Fri | 11:15 - 12:15 | Young at Heart Keep Fit |
| Fri | 18:00 - 19:00 | Body Pump® |
| Fri | 19:00 - 20:00 | Zumba (14yrs+) |
| Sat | 09:00 - 10:00 | Body Pump® |
| Sat | 10:00 - 11:00 | BODYCOMBAT |
| Sun | 10:15 - 11:15 | Body Pump® |
| Sun | 15:00 - 16:00 | SH'BAM |
| Mon | 07:00 - 07:45 | SH'BAM |

| Day | Time | Session |
|------------|---------------|-------------------------|
| Mon | 09:30 - 10:15 | SH'BAM |
| Mon | 10:15 - 11:00 | Body Pump® |
| Mon | 11:00 - 11:45 | Pilates |
| Mon | 18:00 - 18:45 | Insanity |
| Mon | 18:35 - 19:30 | Body Pump® |
| Mon | 19:00 - 19:45 | Step |
| Mon | 19:30 - 20:15 | Bodytone |
| Mon | 20:00 - 20:45 | Pilates |
| Mon | 20:15 - 20:45 | CXWORX |
| Tue | 07:00 - 07:45 | Body Pump® |
| Tue | 09:30 - 10:15 | X Bikes |
| Tue | 09:30 - 10:15 | SH'BAM |
| Tue | 10:30 - 11:15 | Metafit |
| Tue | 11:15 - 12:15 | Young at Heart Keep Fit |
| Tue | 12:15 - 13:00 | Pilates |
| Tue | 18:00 - 19:00 | BODYCOMBAT |
| Tue | 19:00 - 19:45 | Step |
| Tue | 19:15 - 20:00 | Kettle Bells |
| Tue | 19:45 - 20:30 | X Bikes |
| Tue | 19:45 - 20:30 | CXWORX |
| Tue | 20:00 - 20:45 | Pure Stretch |
| Wed | 07:00 - 07:45 | Rise and Shine |
| Wed | 09:30 - 10:15 | Freestyle |
| Wed | 10:15 - 11:00 | CXWORX |
| Wed | 13:00 - 14:00 | Yoga |

| Day | Time | Session |
|------------|---------------|-------------------------|
| Wed | 17:45 - 18:20 | Step |
| Wed | 18:00 - 19:00 | Zumba (14yrs+) |
| Wed | 18:00 - 19:00 | Outdoor Fitness (£5.10) |
| Wed | 18:20 - 19:00 | CXWORX |
| Wed | 19:00 - 20:00 | Hatton ABC Boxing |
| Wed | 19:00 - 20:00 | Body Pump® |
| Wed | 20:00 - 21:00 | Yoga |