

# Studio classes this week

## Chase Leisure Centre

Accurate as of 20/11/2018

(20-11-2018 - 26-11-2018)



Day	Time	Session
Tue	07:00 - 07:45	Body Pump® (Cancelled)
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	Stomp FX
Tue	19:15 - 20:00	Kettle Bells
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	11:15 - 12:15	First Steps (£3/£3.50 inc swim)
Wed	17:30 - 18:15	Step Areobics
Wed	18:00 - 19:00	SH'BAM
Wed	18:15 - 19:00	CXWORX
Wed	19:00 - 20:00	Body Pump®
Wed	19:00 - 20:00	Outdoor Fitness (£5.10)
Wed	20:00 - 21:00	Yoga
Thu	09:30 - 10:15	Step Areobics
Thu	10:15 - 11:15	Body Pump®

<b>Day</b>	<b>Time</b>	<b>Session</b>
Thu	17:45 - 18:15	GRIT Cardio
Thu	18:00 - 19:00	Pilates
Thu	18:15 - 18:45	GRIT Cardio
Thu	18:30 - 19:15	Kettle Bells
Thu	19:00 - 20:00	BODYCOMBAT
Thu	19:15 - 20:00	Pure Stretch
Thu	19:15 - 20:00	X Bikes
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 - 09:45	Body Pump®
Sat	09:45 - 10:30	BODYCOMBAT
Sat	10:30 - 11:15	SH'BAM
Sun	09:15 - 10:15	Stomp FX
Sun	10:15 - 11:15	Body Pump®
Mon	07:00 - 07:45	SH'BAM
Mon	09:30 - 10:15	SH'BAM
Mon	10:15 - 11:15	Body Pump®
Mon	11:00 - 11:45	Pilates
Mon	12:00 - 13:00	First Steps (£3/£3.50 inc swim)
Mon	18:00 - 18:45	Insanity
Mon	18:15 - 19:15	Outdoor Fitness (£5.10)

<b>Day</b>	<b>Time</b>	<b>Session</b>
Mon	18:35 - 19:30	Body Pump®
Mon	19:00 - 19:45	Step Areobics
Mon	19:30 - 20:15	Bodytone
Mon	20:00 - 20:55	Pilates
Mon	20:15 - 20:45	CXWORX