

# Studio classes this week

## Chase Leisure Centre

Accurate as of 22/02/2019

(22-02-2019 - 28-02-2019)



Day	Time	Session
Fri	06:30 - 07:00	BODYPUMP (Virtual)
Fri	07:05 - 07:45	SH'BAM (Virtual)
Fri	08:00 - 08:40	BODYCOMBAT (Virtual)
Fri	08:40 - 09:10	BODYPUMP (Virtual)
Fri	09:30 - 10:15	SH'BAM
Fri	10:15 - 11:00	Bodytone
Fri	11:15 - 12:15	Young at Heart Keep Fit
Fri	12:55 - 14:55	BODYPUMP (Virtual)
Fri	14:00 - 15:00	BODYBALANCE (Virtual)
Fri	18:00 - 19:00	Body Pump®
Fri	19:00 - 20:00	Zumba (14yrs+)
Sat	07:15 - 07:45	BODYPUMP (Virtual)
Sat	07:50 - 08:50	BODYCOMBAT (Virtual)
Sat	09:00 - 09:45	Body Pump®
Sat	09:45 - 10:30	BODYCOMBAT
Sat	10:30 - 11:15	SH'BAM
Sun	07:30 - 08:00	BODYBALANCE (Virtual)
Sun	09:15 - 10:15	Stomp FX
Sun	10:15 - 11:15	Body Pump®
Mon	06:30 - 07:00	BODYPUMP (Virtual)
Mon	07:05 - 07:45	SH'BAM (Virtual)

<b>Day</b>	<b>Time</b>	<b>Session</b>
Mon	08:00 - 09:00	BODYPUMP (Virtual)
Mon	09:30 - 10:15	BODYCOMBAT
Mon	10:15 - 11:15	Body Pump®
Mon	11:30 - 12:15	Pilates
Mon	12:15 - 13:00	First Steps (£3/£3.50 inc swim)
Mon	13:30 - 14:00	BODYCOMBAT (Virtual)
Mon	14:15 - 15:00	BODYPUMP (Virtual)
Mon	17:30 - 18:30	Body Pump®
Mon	18:30 - 19:15	SH'BAM
Mon	19:30 - 20:30	BODYBALANCE
Tue	06:30 - 07:00	BODYCOMBAT (Virtual)
Tue	07:05 - 07:45	BODYPUMP (Virtual)
Tue	08:00 - 08:30	BODYCOMBAT (Virtual)
Tue	09:30 - 10:15	SH'BAM
Tue	10:30 - 11:15	Metafit
Tue	10:30 - 11:15	BODYBALANCE
Tue	11:15 - 12:15	Young at Heart Keep Fit
Tue	12:15 - 13:00	Pilates
Tue	13:30 - 14:30	BODYCOMBAT (Virtual)
Tue	15:00 - 16:00	BODYPUMP (Virtual)
Tue	17:00 - 17:45	BODYPUMP (Virtual)
Tue	18:00 - 19:00	BODYCOMBAT
Tue	19:00 - 19:45	Freestyle
Tue	19:15 - 20:00	Kettle Bells
Tue	20:00 - 20:45	Pure Stretch

<b>Day</b>	<b>Time</b>	<b>Session</b>
Wed	06:30 - 07:00	BODYPUMP (Virtual)
Wed	07:05 - 08:00	BODYCOMBAT (Virtual)
Wed	08:10 - 08:40	CXWORX (Virtual)
Wed	09:30 - 10:15	Freestyle
Wed	10:15 - 11:15	BODYBALANCE
Wed	11:15 - 12:15	First Steps (£3/£3.50 inc swim)
Wed	12:30 - 13:30	BODYPUMP (Virtual)
Wed	15:15 - 16:10	BODYBALANCE (Virtual)
Wed	17:30 - 18:15	Step Areobics
Wed	18:15 - 19:15	Body Pump®
Wed	19:15 - 20:00	BODYBALANCE
Thu	06:30 - 07:00	BODYCOMBAT (Virtual)
Thu	07:00 - 08:00	Rise and Shine
Thu	07:05 - 08:00	BODYBALANCE (Virtual)
Thu	08:05 - 09:00	BODYPUMP (Virtual)
Thu	09:30 - 10:15	Step Areobics
Thu	10:15 - 11:15	Body Pump®
Thu	11:15 - 12:15	BODYBALANCE
Thu	12:15 - 13:15	BODYCOMBAT (Virtual)
Thu	13:30 - 14:00	CXWORX (Virtual)
Thu	14:15 - 15:00	SH'BAM (Virtual)
Thu	17:15 - 18:00	Freestyle
Thu	18:00 - 19:00	Pilates
Thu	18:30 - 19:15	Kettle Bells
Thu	19:00 - 20:00	BODYCOMBAT

**Day**

**Time**

**Session**

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Thu

19:15 - 20:00

Pure Stretch