

Group Exercise Timetable

Walnuts Leisure Centre

Accurate as of 05/05/2024

Times for Tuesday 8 October



Time	Session	Facility	Instructor	Level
09:00 - 09:30	T30:HIIT	Gym	Matt	ALL
09:30 - 10:15	Group Cycle	Spin Room	Dave	
09:30 - 10:30	BODYPUMP™	Studio	Vicki	
09:30 - 10:30	Stretch & Tone	Dojo	Sally	
10:00 - 10:45	Aqua Zumba™	Main Pool	Sarah E	
10:30 - 11:15	Group Cycle	Spin Room	Hannah	
10:30 - 11:30	BODYBALANCE™	Dojo	Dee	
10:30 - 11:30	Shred & Tone	Studio	Vicki	
11:30 - 12:30	Pilates	Studio	Vicki	
11:30 - 12:30	Hatha Yoga	Studio	Sophie	
12:30 - 13:15	Zumba® Gold	Studio	Kelly S	Primetime
13:30 - 14:30	Prime Circuits	Studio	Kelly S	Primetime
14:30 - 15:30	Pilates	Studio	Helen	
18:00 - 18:45	Group Cycle	Spin Room	Mark F	
19:00 - 19:30	Total Body	Gym	Molly	
19:00 - 20:00	BODYBALANCE™	Studio	Julie	
19:15 - 20:00	Group Cycle	Spin Room	Hannah	
20:00 - 21:00	Prime Dance Fit	Studio	Julie	