

# Group Exercise Timetable

## Walnuts Leisure Centre

Accurate as of 06/05/2024

### Times for Wednesday 9 October



Time	Session	Facility	Instructor	Level
09:00 - 09:30	Core	Gym	Ela	ALL
09:00 - 09:45	Group Cycle	Spin Room	Vicki	ALL
09:30 - 10:30	Triple Challenge	Studio	Lorraine	
09:30 - 10:30	BODYBALANCE™	Dojo	Dee	
09:30 - 10:30	Yoga	Crofton Halls	Kevin	
10:30 - 11:15	Group Cycle	Spin Room	Vicki	
10:30 - 11:15	AquaFit - Shallow End	Main Pool	Harriet	
10:30 - 11:30	Pilates	Studio	Becky	
10:30 - 11:30	Hatha Yoga	Dojo	Sophie	
10:35 - 11:05	Core	Gym	Ela	ALL
11:00 - 12:00	Football	Activity Hall	Matt	Primetime
11:30 - 12:30	Pilates	Studio	Becky	
12:30 - 13:30	Zumba®	Studio	Sophie	
14:00 - 15:00	Latin Beats	Studio	Karen	Primetime
15:00 - 16:00	Prime Line Dance	Studio	Karen	Primetime
18:00 - 18:45	Group Cycle	Spin Room	Hannah	
18:45 - 19:00	WOD	Gym	Matt	Intermediate
19:15 - 20:00	Group Cycle	Spin Room	Marie	
19:15 - 20:15	Circuit Training	Studio	Matt	
19:15 - 20:45	Hatha Yoga	Studio	Anna.	