

Group Exercise Timetable

Walnuts Leisure Centre

Accurate as of 05/05/2024

Times for Friday 11 October



Time	Session	Facility	Instructor	Level
06:40 - 07:25	Group Cycle	Spin Room	Shreena	
09:00 - 09:30	HIIT	Gym	Ela	
09:30 - 10:30	Circuits	Studio	Lorraine	Beginners
09:30 - 10:30	Pilates	Dojo	Vicki	
09:30 - 10:30	BootCamp	Activity Hall	Matt	Advanced
10:30 - 11:15	AquaFit - Shallow End	Main Pool	Sarah E	
10:30 - 11:15	Group Cycle	Spin Room	Vicki	
10:30 - 11:30	Yoga	Studio	Sally	
10:30 - 11:30	Yoga	Dojo	Sophie	
10:35 - 10:50	Core	Gym	Matt	
11:00 - 12:00	Football	Activity Hall	Matt	Primetime
11:30 - 12:30	BODYBALANCE™	Studio	Vicki	
13:15 - 14:00	Zumba® Gold	Studio	Kelly S	
14:00 - 15:00	Prime Line Dance	Studio	Karen	Primetime
15:00 - 16:00	Prime Tap	Studio	Karen	Primetime
19:00 - 20:00	Triple Challenge	Studio	Vicki	