Group Exercise Timetable

Walnuts Leisure Centre

Accurate as of 12/10/2024

Times for Thursday 20 February

Time	Session	Facility	Instructor	Level
06:40 - 07:25	Group Cycle	Spin Room	Marie	
09:00 - 09:30	HIIT	Gym	Ela	
09:00 - 10:00	Prime Pilates	Crofton Halls	Jayne	Primetime
09:30 - 10:15	Group Cycle	Spin Room	Sarah E	
09:30 - 10:30	Complete Conditioning	Studio	Vicki	
09:30 - 10:30	Pilates	Dojo	Sunita	
10:00 - 11:00	Pilates	Crofton Halls	Jayne	
10:00 - 11:00	Yoga	Crofton Halls	Kevin	
10:30 - 11:30	BODYBALANCE™	Dojo	Vicki	
10:30 - 11:30	BODYPUMP™	Studio	Sarah E	
10:35 - 11:05	Kettlebells	Gym	Ela	
11:00 - 12:00	Prime Yoga	Crofton Halls	Claire	Primetime
11:30 - 12:30	Keep Fit	Studio	Cathy.	Primetime
12:00 - 13:00	Hatha Yoga	Dojo	Claire	
12:30 - 13:30	FitSteps	Studio	Kelly S	
12:45 - 13:45	Prime Circuits	Gym	Mark G	Primetime
18:00 - 19:00	Prime Gym Circuit	Studio	Zoe	
19:00 - 20:00	BODYPUMP™	Studio	Vicki	
19:15 - 20:00	Group Cycle	Spin Room	Charlotte	
20:15 - 21:15	BODYBALANCE™	Studio	Vicki	