

Group Exercise Timetable

Walnuts Leisure Centre

Accurate as of 04/05/2024

Times for Monday 22 April



Time	Session	Facility	Instructor	Level
06:40 - 07:25	Group Cycle Conditioning	Spin Room	Fay	
09:00 - 09:30	T30:HIIT	Gym	Gwyn	
09:30 - 10:15	Group Cycle	Spin Room	Michelle	
09:30 - 10:30	Triple Challenge	Studio	Vicki	
09:30 - 10:30	Circuits	Activity Hall	Ela	
09:30 - 10:30	Pilates	Crofton Halls	Jayne	
10:30 - 11:30	BODYBALANCE™	Dojo	Vicki	
10:30 - 11:30	AquaFit - Shallow End	Main Pool	Michelle	
10:30 - 11:30	Yoga	Crofton Halls	Kevin	
11:30 - 12:30	BODYBALANCE™	Dojo	Vicki	
13:15 - 14:15	Keep Fit	Studio	Kelly S	Primetime
14:15 - 15:15	Prime Tap	Studio	Karen	Primetime
15:15 - 16:15	Line Dance	Studio	Karen	Primetime
17:00 - 17:45	T30:HIIT	Studio	Marie	
18:00 - 18:45	Group Cycle	Spin Room	Clair	
18:00 - 19:00	BODYPUMP™	Studio	Nathan	
19:00 - 19:30	Circuits	Gym	Ela	
19:00 - 20:00	Group Cycle	Spin Room	Dave	
19:00 - 20:30	Hatha Yoga	Studio	Sophie	
19:30 - 20:30	Pilates	Dojo	Vicki	