

# BITTERNE LEISURE CENTRE GROUP EXERCISE TIMETABLE

15TH JULY - 31ST AUGUST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>CARDIO AQUAFIT</b> 09.30 - 10.15 MAIN POOL	<b>AQUAFIT</b> 09.10 - 09.55 MAIN POOL	<b>EXPRESS BODY BALANCE</b> 09.10 - 09.55 ACTIVITY ROOM	<b>AQUA ZUMBA</b> 09.10 - 09.55 MAIN POOL	<b>AQUAFIT</b> 09.10 - 09.55 MAIN POOL	<b>BODY COMBAT</b> 09.00 - 09.55 ACTIVITY ROOM	<b>PILATES</b> 09.00 - 09.55 ACTIVITY ROOM
<b>NICE &amp; EASY</b> 09.30 - 10.25 SPORTS HALL	<b>DANCE FITNESS</b> 09.30 - 10.25 SPORTS HALL	<b>CARDIO AQUAFIT</b> 09.10 - 09.55 MAIN POOL	<b>DANCE FITNESS</b> 09.30 - 10.25 SPORTS HALL	<b>BODY BALANCE</b> 09.15 - 10.10 ACTIVITY ROOM	<b>CX WORX</b> 10.00 - 10.30 ACTIVITY ROOM	<b>YOGA</b> 10.00 - 10.55 ACTIVITY ROOM
<b>STEP AND TONE</b> 10.30 - 11.25 SPORTS HALL	<b>ZUMBA</b> 10.30 - 11.15 SPORTS HALL	<b>PILATES</b> 10.00 - 10.55 ACTIVITY ROOM	<b>LBT</b> 10.30 - 11.25 SPORTS HALL	<b>NICE &amp; EASY</b> 09.30 - 10.25 SPORTS HALL	<b>ZUMBA</b> 10.30 - 11.15 ACTIVITY ROOM	<b>KETTLEBELLS</b> 11.00 - 11.30 MAIN HALL
<b>EXPRESS BODY BALANCE</b> 11.30 - 12.15 SPORTS HALL	<b>EXPRESS BODY COMBAT</b> 11.20 - 12.05 SPORTS HALL	<b>YOGA FLOW</b> 11.00 - 11.55 ACTIVITY ROOM	<b>ZUMBA (GENTLE PACE)</b> 11.30 - 12.25 SPORTS HALL	<b>PILATES</b> 11.05 - 12.00 ACTIVITY ROOM		
		<b>NICE &amp; EASY</b> 11.30 - 12.00 SPORTS HALL				
	<b>NICE &amp; EASY CIRCUITS</b> 12.30 - 13.25 SPORTS HALL	<b>YOGA FLOW</b> 12.00 - 12.55 ACTIVITY ROOM				
<b>CXWORX</b> 17.25 - 17.55 ACTIVITY ROOM	<b>BOXERCISE INTENSIVE PAD</b> 17.30 - 18.00 MAIN HALL	<b>BODY PUMP</b> 17.45 - 18.40 MAIN HALL	<b>YOGA FLOW</b> 17.00 - 17.55 ACTIVITY ROOM	<b>BEGINNER YOGA</b> 17.30 - 18.25 ACTIVITY ROOM		
<b>BODY PUMP</b> 18.00 - 18.55 MAIN HALL	<b>PILATES</b> 18.00 - 18.55 ACTIVITY ROOM	<b>EXPRESS TOTAL WORKOUT</b> 18.00 - 18.45 ACTIVITY ROOM	<b>PILATES</b> 18.00 - 18.55 ACTIVITY ROOM	<b>INTERMEDIATE YOGA</b> 18.30 - 19.25 STUDIO		
<b>HATHA YOGA</b> 18.00 - 18.55 ACTIVITY ROOM	<b>HITT</b> 18.00 - 18.30 SPORTS HALL	<b>BODY COMBAT</b> 19.00 - 19.55 ACTIVITY ROOM	<b>CXWORX</b> 18.00 - 18.30 SPORTS HALL	<b>CARDIO AQUAFIT</b> 19.00 - 19.45 MAIN POOL		
<b>AQUA NATAL</b> 19.00 - 19.45 MAIN POOL	<b>ZUMBA</b> 18.30 - 19.15 MAIN HALL	<b>CIRCUITS</b> 19.00 - 19.55 SPORTS HALL	<b>STRONG BY ZUMBA</b> 18.30 - 19.25 SPORTS HALL			
<b>HATHA YOGA</b> 19.00 - 19.55 ACTIVITY ROOM	<b>STEP AND TONE</b> 19.00 - 19.55 ACTIVITY ROOM	<b>CARDIO AQUAFIT</b> 19.30 - 20.15 MAIN POOL	<b>ZUMBA</b> 19.00 - 19.55 ACTIVITY ROOM			
<b>EXPRESS BODY COMBAT</b> 19.00 - 19.45 SPORTS HALL	<b>AQUAFIT</b> 19.05 - 19.50 MAIN POOL	<b>ZUMBA</b> 20.00 - 20.55 ACTIVITY ROOM	<b>BODY PUMP</b> 19.30 - 20.25 MAIN HALL			
<b>CARDIO AQUAFIT</b> 19.45 - 20.30 MAIN POOL	<b>DANCE FITNESS</b> 19.20 - 20.15 SPORTS HALL		<b>AQUAFIT</b> 19.30 - 20.15 MAIN POOL			
<b>SH'BAM</b> 20.00 - 20.55 ACTIVITY ROOM	<b>PILATES</b> 20.00 - 20.55 ACTIVITY ROOM		<b>PILATES</b> 20.30 - 21.25 ACTIVITY ROOM			
<b>DEEP WATER AQUAFIT</b> 20.30 - 21.15 MAIN POOL						

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