

CHAMBERLAYNE LEISURE CENTRE GROUP EXERCISE TIMETABLE

15TH JULY - 31ST AUGUST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SH'BAM 09.30 - 10.15 STUDIO	STUDIO CYCLING 09.15 - 10.00 STUDIO	BODY COMBAT 09.15 - 10.10 MAIN HALL	BODY BALANCE 09.00 - 09.45 COMMUNITY ROOM	BODY COMBAT 09.30 - 10.25 STUDIO	STUDIO CYCLING 09.30 - 10.15 STUDIO	RPM 09.15 - 10.00 STUDIO
AB ATTACK 10.15 - 10.45 STUDIO	BODY BALANCE 09.15 - 10.00 MAIN HALL	RPM 09.15 - 10.00 STUDIO	BODY PUMP 09.15 - 10.10 STUDIO	BODY PUMP 10.30 - 11.25 STUDIO	SH'BAM 09.30 - 10.15 COMMUNITY ROOM	BODY PUMP 10.15 - 11.10 STUDIO
EXPRESS BODY PUMP 10.45 - 11.30 STUDIO	CXWORX 10.05 - 10.35 MAIN HALL	BODY PUMP 10.15 - 11.10 STUDIO	NICE & EASY 10.15 - 11.10 STUDIO		BODY BALANCE 10.30 - 11.25 STUDIO	
	NICE & EASY 10.05 - 11.00 STUDIO				ZUMBA 10.30 - 11.15 COMMUNITY ROOM	
LBT 18.00 - 18.55 STUDIO	BODY BALANCE 18.00 - 18.55 STUDIO	LBT 18.00 - 18.55 STUDIO	RPM 18.00 - 18.45 STUDIO	RPM 18.00 - 18.45 STUDIO		EXPRESS BODY COMBAT 17.30 - 18.15 STUDIO
BODY PUMP 19.00 - 19.55 STUDIO	ZUMBA 18.10 - 18.55 MAIN HALL	BODY PUMP 19.00 - 19.55 STUDIO	AB ATTACK 18.50 - 19.20 STUDIO	BODY COMBAT 18.50 - 19.45 STUDIO		YOGA FLOW 17.30 - 18.25 COMMUNITY ROOM
RPM 20.15 - 21.00 STUDIO	CIRCUITS 19.05 - 20.00 STUDIO	ZUMBA 19.00 - 19.45 COMMUNITY ROOM	H.I.I.T. 19.20 - 19.50 STUDIO			PILATES 18.30 - 19.25 COMMUNITY ROOM
		STUDIO CYCLING 20.00 - 20.45 STUDIO	YOGA 19.30 - 20.25 CRECHE			

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