

# fitness classes timetable

most classes are suitable for all abilities - please check with the centre if you are unsure

		monday	tuesday	wednesday	thursday	friday
gainsborough	CLASS TITLE					
	Adult Trampolining		9.30-10.30am			
	Aerobics	9.30-10.30am 7-8pm				
	Bodytone					9.30-10.30am
	Body Conditioning					6-7pm
	Cardiac Rehab					7.15-8.45pm
	Cardiokick					
	Energy Workout	8-9pm				
	Keep Fit 50 Plus			9-10.30am (P) 10-11.15am		
	Legs Bums Tums		1.15-2.15pm	7-8pm	10.30-11.30am 6-7pm	
	Max Workout			7.15-8.15pm		
	Pilates		9.30-10.15am 6.10-6.45pm	8.30-9.15pm		10.30-11.15am
Sequence Dance 50 Plus	2-4pm					
Yoga	8-9.30pm	7-8.30pm				
maidenhall	CLASS TITLE	monday	tuesday	wednesday	thursday	friday
	Body Conditioning	6-7pm				
	Circuit Training			6-7pm		
	Keep Fit 50 Plus					10.30-11.30am
	Legs Bums Tums				6.30-7.30pm	
	Pilates		7.15-8pm	7.15-8pm		6-6.45pm
	TKO Combat					
	Yoga				7-8pm	
	TKO		8.15-9.15pm			

(P) = Profiles Gym

northgate	CLASS TITLE	monday	tuesday	wednesday	thursday	friday
	Aerobics		7-8pm	6-7pm		
	Body Conditioning		9.30-10.30am	9.30-10.30am		
	Circuit Training*		11.15-12.15pm		8-9pm	
	Keep Fit 50 Plus	3.40-5.40pm	8-9pm			
	Kick Aerobics			8.40-9.40pm		
	Legs Bums Tums		6-7pm		6-7 and 7-8pm	
	Pilates		10.30-11.15am		6.15-7pm	
	Tri Class	6-7pm			7-7.45pm	6-7pm
	Yoga			6.15-7.15pm		
			7.30-8.30pm			

whitton	CLASS TITLE	monday	tuesday	wednesday	thursday	friday
	Aerobics		9.30-10.30am	7-8pm		9.30-10.30am
	Bodytone				10.30-11.30am	
	Energy Workout		7-8pm			
	Keep Fit 50 Plus	1.30-2.30pm				
	Legs Bums Tums	7-8pm & 8-9pm	10.30-11.30am	8-9pm		10.30-11.30am
	Pilates	6.15-7pm			9.30-10.30am	8.15-9pm
	Pump & Tone				7-8pm	
	TKO				8-9pm	

crown pools	CLASS TITLE	monday	tuesday	wednesday	thursday	friday	sunday
	Aqua Fit	8-8.45pm	1-1.45pm	2-2.45pm	7.15-8pm	9.30-10.15am	9.30-10.15am
		12.30-1.15pm			8-8.45pm	10.15-11am	
	50+ Aquafit (no booking required)		2.30-3.15pm				
	Aqua Deep Water			8-8.45pm	10.15-11am		
	Aquanatal	7-8pm					
Aqua Care					9.30-10.15am		

\*Circuit Training also on Sundays at Northgate 9.30-10.30am

(B) = Badminton