

# Timetable

## The Sport & Fitness Centre

### Spinning

Try this class for a really effective, motivating and calorie burning/cardiovascular workout on our indoor spinning bikes. Spinning involves no routines or need for co-ordination. Located in the Spinning Studio.

### Powerbags

Try this circuit based class for a motivating and extremely effective full body workout. The Powerbag is used as a form of resistance alongside CV exercises to help burn calories, tone muscle, improve strength and give a cardiovascular workout.

### Healthy Hour Ladies Circuit

This circuit based class provides a full body workout, using a range of exercises to help burn calories, increase muscle tone and improve general health and fitness. Fully qualified instructors and ladies only.



### Monday

#### Ladies Circuit

5:30 - 6:15pm

#### Total Powerbags

7:00 - 8:00pm

(External Instructor £3.50)

### Tuesday

#### HIIT

6:00 - 6:30pm

### Wednesday

#### Express Abs

12:10 - 12:30pm

#### Spinning

6:25 - 6:55pm

#### One Bar Class

7:00 - 7:45pm

(External Instructor £3)

Booking advisory, Limited spaces

#### Zumba

7:00 - 8:00pm

(External Instructor £4)

### Thursday

#### Ladies Circuit

5:30 - 6:15pm

#### Circuit

6:00 - 7:00pm

#### Total Powerbags

7:00 - 8:00pm

(External Instructor £3.50)

### Friday

#### Spinning

12:15 - 12:45pm

