### Group Fitness Programme

**Monday**
- 07.00: Insanity
- 07.30: Pilates
- 08.00: Circuits
- 10.00: Legs Bums & Tums (Ladies session only)
- 13.15: Pilates
- 17.15: Zumba
- 18.00: Spin
- 18.45: Body Conditioning
- 19.00: Aqua
- 19.30: BodySTEP
- 20.00: Core Blaster
- 20.45: Yoga

**Tuesday**
- 07.00: BODYPUMP
- 07.45: Total Abs
- 10.00: AOBW
- 12.00: BODYPUMP
- 12.45: CXWORX
- 14.00: Insanity
- 15.00: Pilates
- 16.00: BODYCOMBAT
- 18.00: BODYJAM
- 19.30: Yoga
- 20.00: Futsal

**Wednesday**
- 07.00: Yoga
- 08.00: metafit
- 10.00: metafit
- 11.00: Spin
- 12.30: Zumba Toning (Ladies session only)
- 13.45: Insanity
- 14.00: Pilates
- 15.00: Boxercise
- 16.00: Skipping
- 17.00: Insanity
- 18.00: Yoga
- 18.45: Futsal

**Thursday**
- 07.00: Yoga
- 08.15: Spin
- 09.30: Yoga
- 10.00: AOBW
- 12.00: BODYPUMP
- 12.45: Stretch
- 13.15: Zumba Toning (Ladies session only)
- 13.45: Insanity
- 14.00: insanity
- 18.00: Yoga
- 18.45: Total Abs

**Friday**
- 07.00: BODYPUMP
- 07.45: Running Club
- 09.30: Yoga
- 10.45: Yoga
- 11.00: Legs Bums & Tums
- 12.45: BODYPUMP
- 13.00: insanity
- 13.45: Stretch
- 17.15: Boxercise
- 18.00: insanity
- 18.45: Yoga
- 19.15: Yoga (Ladies session only)

**Saturday**
- 07.00: BODYPUMP
- 09.00: Spin
- 09.45: Pilates
- 10.00: Legs Bums & Tums
- 11.00: BODYATTACK
- 12.45: BODYPUMP
- 13.15: insanity
- 13.45: Stretch
- 18.30: Yoga

**Sunday**
- 10.00: BODYPUMP
- 11.00: BODYBALANCE
- 12.00: BODYATTACK
- 17.00: Yoga (Ladies session only)

**Studio Locations**
- Studio 1 Gym Outside
- Studio 2 Pool Sports hall
- Ladies only session

**Scan for up to date information**

**NOTES**
- All Classes are bookable 6 days in advance
- Book at Sports Centre reception or online – Contact reception for details
- The current timetable is subject to change in certain circumstances (i.e. instructor illness or holiday)
- Timetable effective from 3 January 2017

**Tel:** 0116 252 3118
### Group Fitness Programme

#### Studio 2

**BOOKING NOT REQUIRED FOR VIRTUAL CLASSES**

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**Danielle Brown Sports Centre**

- **Virtual Classes**
- **Bodypump**
- **BodyCombat**
- **CXworx**
- **Sh’Bam**
- **BodyBalance**