### Christmas Timetable

**Monday 16**
- 07.15: Pilates
- 08.00: Indoor Cycling
- 10.00: Circuits
- 12.15: Circuits
- 12.30: Legs, Bums & Tums (Ladies session only)
- 13.15: Pilates
- 18.00: Body Conditioning
- 18.15: Aqua
- 19.00: Step ‘n’ Tone
- 19.30: Yoga

**Tuesday 17**
- 07.00: BODYPUMP™
- 09.30: Express Core
- 10.00: AOBW
- 12.00: BODYPUMP™
- 12.00: Express Core
- 12.45: BODYPUMP™
- 12.30: BODYPUMP™
- 12.45: BODYPUMP™
- 13.00: Zumba® Toning (Ladies session only)
- 14.00: Pilates
- 14.00: Pilates
- 14.00: Indoor Cycling
- 14.00: BODYPUMP™
- 17.15: Yoga
- 18.15: Yoga
- 18.15: Yoga
- 18.30: Yoga
- 19.45: Yoga

**Wednesday 18**
- 07.00: Yoga
- 09.30: Circuits
- 12.15: Circuits
- 13.00: Zumba® Toning (Ladies session only)
- 14.00: Pilates
- 14.00: Pilates
- 14.00: Pilates
- 13.45: Pilates
- 17.15: Yoga
- 18.15: Yoga
- 18.15: Yoga
- 19.30: Yoga

**Thursday 19**
- 07.30: Indoor Cycling
- 07.45: Yoga
- 09.45: Zumba® Toning (Ladies session only)
- 10.30: Indoor Cycling
- 09.30: Yoga
- 10.30: Yoga
- 10.30: Yoga
- 12.00: Yoga
- 12.45: Yoga
- 12.45: Yoga
- 17.15: Yoga
- 18.15: Yoga
- 18.30: Yoga
- 18.45: Yoga
- 19.05: Yoga

**Friday 20**
- 09.00: Indoor Cycling
- 09.45: Running Club
- 09.45: Aqua
- 10.00: Legs, Bums & Tums
- 12.00: BODYPUMP™
- 12.00: Express Core
- 12.45: BODYPUMP™
- 12.45: AOBW
- 13.35: INSANITY®
- 13.35: Express Cycling
- 13.35: Express Cycling
- 14.05: BODYPUMP™
- 14.05: BODYPUMP™
- 15.00: BODYPUMP™

**Saturday 21**
- 09.00: Indoor Cycling
- 09.45: Body Conditioning
- 10.00: BODYATTACK™
- 10.00: BODYATTACK™
- 11.00: BODYATTACK™
- 11.00: BODYATTACK™
- 11.00: BODYATTACK™
- 12.00: BODYATTACK™
- 13.00: BODYATTACK™
- 13.00: BODYATTACK™
- 14.00: BODYATTACK™
- 14.00: BODYATTACK™
- 15.00: BODYATTACK™
- 15.00: BODYATTACK™
- 16.00: BODYATTACK™

**Sunday 22**
- 10.00: BODYPUMP™
- 11.00: BODYPUMP™
- 11.00: BODYPUMP™
- 11.00: BODYPUMP™
- 12.00: BODYBALANCE™
- 12.00: BODYBALANCE™
- 12.00: BODYBALANCE™
- 17.00: Yoga
- 18.30: Yoga

**Closing Dates**
- Closed December 25, 26 and January 1
- All Classes are bookable 7 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)

**Contact Information**
- Tel: 0116 223 1500

**Facilities**
- Gold/Gold plus: Pool, Studio 1, Gym Floor
- Silver/PAYG: Studio 2, Outside, Sports Hall

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