### CHRISTMAS 2018 TIMETABLE

**DANIELLE BROWN SPORTS CENTRE STUDIO 1**

#### Monday 17
- 07.15 Pilates
- 10.00 Circuits
- 12.15 Circuits
- 12.30 Legs, Bums & Tums (Ladies session only)
- 13.15 Pilates
- 18.00 Indoor Cycling
- 18.15 Body Conditioning
- 18.15 Aqua
- 19.00 BODYSTEP
- 20.00 CXWORX

#### Tuesday 18
- 07.00 BODYPUMP
- 09.30 Total Abs
- 10.00 AOBW
- 12.00 BODYPUMP
- 12.45 CXWORX
- 13.00 Indoor Cycling
- 13.00 Indoor Cycling (Ladies session only)
- 14.00 Pilates
- 14.00 Indoor Cycling
- 14.45 Yoga
- 19.45 Yoga

#### Wednesday 19
- 07.00 Yoga
- 12.15 Circuits
- 13.00 Indoor Cycling
- 13.00 Zumba® Toning (Ladies session only)
- 14.00 Pilates
- 14.00 Indoor Cycling
- 18.45 BODYPUMP

#### Thursday 20
- 07.30 Indoor Cycling
- 09.30 Yoga
- 10.00 BODYPUMP
- 12.00 Stretch
- 17.15 Boxercise
- 18.15 INSANITY®
- 18.30 Indoor Cycling
- 19.15 BODYPUMP

#### Friday 21
- 07.00 BODYPUMP
- 09.45 Yoga
- 10.00 BODYPUMP
- 12.00 BODYPUMP
- 17.15 INSANITY®
- 18.30 Indoor Cycling
- 19.15 BODYPUMP

#### Saturday 22
- 07.15 Pilates
- 08.00 Circuits
- 10.00 Total Abs
- 10.45 AOBW
- 12.15 BODYPUMP
- 10.00 Body Conditioning
- 11.00 Aqua
- 11.00 BODYPUMP
- 12.00 BODYPUMP
- 12.00 BODYBALANCE
- 18.00 Yoga
- 18.45 Yoga
- 19.15 Indoor Cycling

#### Sunday 23
- 07.00 BODYPUMP
- 08.15 BODYPUMP
- 10.00 BODYPUMP
- 10.00 BODYBALANCE
- 11.00 BODYPUMP
- 11.00 BODYBALANCE

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**Gold/Gold plus:**
- **Pool**
- **Studio 1**
- **Gym Floor**

**Silver/PAYG:**
- **Studio 2**
- **Outside**
- **Sports Hall**

*Closed December 25, 26 and January 1*

*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)*

**Scan for up to date information**

Tel: 0116 223 1500
### Monday 24
- 07.15: Pilates
- 10.00: Circuits
- 12.15: Circuits
- 12.30: Legs, Bums & Tums (Ladies session only)
- 18.30: Indoor Cycling

### Thursday 27
- 09.30: Yoga
- 13.00: Stretch
- 17.15: Boxercise
- 18.15: INSANITY®
- 18.30: Indoor Cycling

### Friday 28
- 09.45: Aqua
- 10.00: Legs, Bums & Tums
- 12.00: BODYPUMP
- 12.45: INSANITY®
- 12.45: BODYBALANCE
- 17.15: BODYBALANCE
- 18.15: BODYBALANCE

### Saturday 29
- 09.00: Indoor Cycling
- 10.00: Pilates
- 11.00: BODYATTACK
- 12.00: BODYPUMP
- 12.30: Yoga

### Sunday 30
- 10.00: BODYPUMP
- 11.00: BODYBALANCE
- 17.00: Yoga

### Monday 31
- 10.00: Circuits
- 12.15: Circuits
- 12.30: Legs, Bums & Tums (Ladies session only)
- 13.15: Pilates

### Monday 31
- 10.00: Circuits
- 12.15: Circuits
- 12.30: Legs, Bums & Tums (Ladies session only)
- 13.15: Pilates

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