### DANIELLE BROWN SPORTS CENTRE

#### Group Fitness Programme

**Monday**
- 07.15: Pilates
- 09.30: Total Abs
- 13.30: Zumba Toning (Ladies session only)
- 14.00: Pilates
- 18.15: Yoga

**Tuesday**
- 07.00: BODYPUMP
- 09.30: Total Abs
- 14.00: Pilates
- 17.15: Spin
- 20.00: Core Blaster

**Wednesday**
- 07.00: Yoga
- 10.00: AOBW
- 12.00: BODYPUMP
- 14.00: Pilates
- 19.00: Studio 2 Pool Sports hall

**Thursday**
- 07.30: Yoga
- 09.30: Insanity
- 12.00: Stretch
- 13.00: Boxercise
- 17.15: Body Conditioning

**Friday**
- 07.00: BODYPUMP
- 09.30: Yoga
- 12.00: BODYPUMP
- 14.00: Total Abs
- 18.30: Yoga (Ladies session only)

**Saturday**
- 09.00: Spin
- 09.45: Aqua
- 11.00: BODYATTACK
- 12.00: BODYPUMP

**Sunday**
- 10.00: BODYPUMP
- 11.00: BODYPUMP
- 17.00: Yoga

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**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 26 June 2017

**Tel:** 0116 252 3118
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**NOTE:** Booking not required for virtual classes.