

Fitness Classes Timetable

WEEK BEGINNING: 01/09/2021

Booking is advised for all classes this can be done via our fantastic FitSense app
Or contact us direct on 01978 821600



Please bring your own drink to classes & also your own mat if needed. New attendees should arrive 5 mins early so they instructor can explain how the class will be structured.

MON	9.30-10.00 METAFIT (Aerobics Studio)	
	18.00-18.45 LBT (Aerobics Studio)	
	19.00-19.45 CIRCUITS (Sports Hall)	
TUES	9.30 -10.15 AQUA AEROBICS (Pool)	
	9.30-10.15 PUMP (Aerobics Studio)	
	10.45-11.30 ZUMBA (Aerobics Studio)	
	17.45-18.30 SPIN (Aerobics Studio)	
	18.45-19.45 YOGA (Aqua Lounge)	
	19.00-19.45 AQUA AEROBICS (Pool)	
	18.45-19.30 KETTLEBELLS (Aerobics Studio)	
WED	9.30-10.00 METAPWR (Aerobics Studio)	
	18.00-18.45 HATTON BOXING (Aerobics Studio)	
	18.15-19.00 ZUMBA (Aerobics Studio)	
	19.15-20.00 20/20/20 (Aerobics Studio)	

THUR	9.30-10.00 METAFIT (Aerobics Studio)	
	11.30-12.15 AQUA AEROBICS (Pool)	
	18.00-19.00 PILATES (Aqua Lounge)	
	19.15-20.15 CIRCUITS (Aerobics Studio)	
FRI	09.30-10.15 PUMP (Aerobics Studio)	
	10.30-11.15 ZUMBA (Aerobics Studio)	
	17.45-18.30 SPIN (Aerobics Studio)	
	19.00-19.45 CLUBBERCISE (Aerobics Studio)	
	09.45-10.30 ZUMBA (Aerobics Studio)	
SUN	11.00-11.45 CIRCUITS (Aerobics Studio)	

Class Type	
	Water
	Toning & Strength
	Relax & Unwind
	Dance
	High Calorie Burner
	T3 Fitness Classes

PLAS MADOC
Leisure Centre