

crowborough workout timetable

spring term 2010 january 4 - april 18



freedomleisure
we'll show you how

mon

9.00 - 9.45am	aquafit
9.30 - 10.30am	bike it & stretch c, m
9.45 - 10.30am	aquafit c
9.30 - 10.30am	body pump c
10.30 - 11.30am	kettlebells*
10.45 - 11.45am	pilates c
12.00 - 1.00pm	cardiac rehab. circuits oasis
2.00 - 3.00pm	active plus oasis

6.00 - 6.30pm	combat technique*
6.00 - 7.00pm	pilates
6.30 - 7.30pm	body combat
7.30 - 8.30pm	body pump
7.30 - 8.30pm	pilates
8.30 - 9.30pm	body balance

tues

9.30 - 10.30am	bike it c
9.30 - 10.30am	body jam c
10.30 - 11.30am	body balance c
11.45 - 1.15pm	yoga

6.00 - 7.00pm	chronic lower back pain class*
6.30 - 7.30pm	legs, bums & tums m
6.30 - 7.15pm	bike it! 45
7.00 - 7.45pm	aqua
7.30 - 8.30pm	pilates m
7.30 - 8.30pm	boxing circuits
7.30 - 8.30pm	kettlebells*
8.30 - 9.30pm	body pump

wed

9.30 - 10.30am	body balance c
9.30 - 10.30am	bike it! c
10.15 - 11.00am	aquafit c
10.30 - 11.30am	total tone c
11.00 - 12.00pm	water therapy oasis, m
2.00 - 3.00pm	chronic lower back pain class*

6.30 - 7.30pm	pilates
6.30 - 7.30pm	legs bums & tums
7.30 - 8.30pm	body pump
7.30 - 9.00pm	yoga
8.30 - 9.30pm	body balance

thurs

9.30 - 10.15am	bike it! 45 c
9.30 - 10.30am	total tone c, m
10.45 - 11.45am	body pump c
12.00 - 1.00pm	pilates m
1.15 - 2.45pm	yoga

6.00 - 7.00pm	kettlebells*
6.30 - 7.30pm	body pump
8.00 - 9.00pm	bike it! 60

fri

9.00 - 9.45am	aquafit
9.45 - 10.30am	aquafit c
9.30 - 10.30am	freedom circuits c
9.30 - 10.30am	total tone c
10.30 - 11.30am	pilates conditioning m

5.15 - 6.15pm	body jam** 1418
6.00 - 7.00pm	Feldenkrais
6.30 - 7.30pm	bike it! 60
6.30 - 7.30pm	body combat
7.00 - 7.30pm	salsa - basic steps
7.30 - 8.30pm	salsa

sat

8.30 - 9.15am	bike it! 45
9.30 - 10.30am	fitball
10.30 - 11.30am	body pump
11.30 - 12.30pm	body balance

please note:

new classes/name or **class time** in bold

pilates: you are required to complete a workshop or a one to one pilates session before participating in a class.
premier six o membership includes all daytime classes before 4.30pm.

m classes available as part of **mums on the run**.

oasis class available to GP referrals, after clearance from referral consultant.

1418 class included in the 1418 membership.

c - crèche facilities available.

note: gym **closed** to other users during friday morning freedom circuits.

* technique class must be booked for the class to run.

* chronic lower back pain - 8 week course, additional cost.

sun

9.00 - 10.00am	body pump technique
10.00 - 10.45am	bike it! 45 m
10.00 - 11.00am	body pump
11.00 - 12.00pm	body balance