

crowborough workout timetable

summer term 2010 april 19 - august 29



freedomleisure
we'll show you how

mon	9.00 - 9.45am	aquafit	6.00 - 6.30pm	combat technique*
	9.30 - 10.30am	bike it & stretch c, m	6.00 - 7.00pm	pilates
	9.45 - 10.30am	aquafit c	6.30 - 7.30pm	body combat
	9.30 - 10.30am	body pump c	7.30 - 8.30pm	body pump
	10.30 - 11.30am	kettlebells+	7.30 - 8.30pm	pilates
	10.45 - 11.45am	pilates c	8.30 - 9.30pm	body balance
	12.00 - 1.00pm	cardiac rehab. circuits oasis		
	2.00 - 3.00pm	active plus oasis		
tues	9.30 - 10.30am	bike it c	6.00 - 7.00pm	chronic lower back pain class*
	9.30 - 10.30am	body jam c	6.30 - 7.30pm	legs, bums & tums m
	10.30 - 11.30am	body balance c	6.30 - 7.15pm	bike it! 45
	11.45 - 1.15pm	yoga	7.00 - 7.45pm	aqua
			7.30 - 8.30pm	pilates m
			7.30 - 8.30pm	boxing circuits
			7.30 - 8.30pm	kettlebells+
			7.30 - 8.30pm	zumba
		8.30 - 9.30pm	body pump	
wed	9.30 - 10.30am	body balance c	6.30 - 7.30pm	pilates
	9.30 - 10.30am	bike it! c	6.30 - 7.30pm	legs bums & tums
	10.15 - 11.00am	aquafit c	7.30 - 8.30pm	body pump
	10.30 - 11.30am	total tone c	7.30 - 9.00pm	yoga
	11.00 - 12.00pm	water therapy oasis, m	8.30 - 9.30pm	body balance
	2.00 - 3.00pm	chronic lower back pain class*		
thurs	9.30 - 10.15am	bike it! 45 c	6.00 - 7.00pm	kettlebells+
	9.30 - 10.30am	total tone c, m	6.30 - 7.30pm	body pump
	10.45 - 11.45am	body pump c	7.30 - 8.30pm	body jam
	12.00 - 1.00pm	pilates m	8.00 - 9.00pm	bike it! 60
	1.15 - 2.45pm	yoga		
fri	9.00 - 9.45am	aquafit	5.15 - 6.15pm	body jam** 1418
	9.45 - 10.30am	aquafit c	6.00 - 7.00pm	Feldenkrais
	9.30 - 10.30am	freedom circuits c	6.30 - 7.30pm	bike it! 60
	9.30 - 10.30am	total tone c	6.30 - 7.30pm	body combat
	10.30 - 11.30am	pilates conditioning m	7.00 - 7.30pm	salsa - basic steps
			7.30 - 8.30pm	salsa
sat	8.30 - 9.15am	bike it! 45	please note:	
	9.30 - 10.30am	fitball	new classes/name or class time in bold	
	10.30 - 11.30am	body pump	pilates: you are required to complete a workshop or a one to one pilates session before participating in a class.	
	11.30 - 12.30pm	body balance	premier six o membership includes all daytime classes before 4.30pm.	
sun	9.00 - 10.00am	body pump technique	m classes available as part of mums on the run.	
	10.00 - 10.45am	bike it! 45 m	oasis class available to GP referrals, after clearance from referral consultant.	
	10.00 - 11.00am	body pump	1418 class included in the 1418 membership.	
	11.00 - 12.00pm	body balance	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, £75.