

# hailsham workout timetable

autumn term 2010 13 sept - 19 december



<b>mon</b>	1	9.30 - 10.30am	legs bums tums	2	6.00 - 7.00pm	<b>total tone</b>
	2	9.30 - 10.30am	total tone fitball	1	6.00 - 7.00pm	body combat
		9.20 - 10.20am	yoga - beginners	1	<b>7.05 - 8.05pm</b>	<b>body pump*</b>
		10.30 - 12.00pm	yoga - improvers	2	7.05 - 8.05pm	STOTT pilates improvers
		<b>10.35 - 11.20pm</b>	<b>bike it 45 (beginners)</b>		<b>8.00 - 8.45pm</b>	<b>bike it! 45</b>
	1	10.40 - 11.40am	body pump*	1	<b>8.05 - 9.05pm</b>	<b>legs bums tums</b>
	2	11.50 - 12.50pm	STOTT pilates improvers			
	1	1.30 - 3.00pm	line dancing			
<b>tues</b>	1	9.30 - 10.30am	active plus aerobics	1	6.00 - 7.00pm	body pump*
	2	9.20 - 10.20am	pilates beginners course*	2	6.00 - 7.00pm	body balance
		9.30 - 10.30am	bike it! 60		7.00 - 8.00pm	bike it 60
	1	<b>10.30 - 11.30am</b>	<b>body pump</b>	1	7.00 - 8.00pm	legs bums tums
	p	11.00 - 11.45am	aquafit 45	ff	7.00 - 8.00pm	freedom f/f circuits
	1	12.00 - 12.45pm	step & tone	p	7.30 - 8.15pm	aquafit 45
			2	7.30 - 9.30pm	pole dancing courses*	
	1	8.15 - 9.15pm	boxercise			
<b>wed</b>	1	9.30 - 10.30am	step & tone	1	6.00 - 7.00pm	body combat
		9.30 - 10.30am	bike it! 60	2	<b>6.00 - 7.00pm</b>	<b>core 'n' more</b>
	2	9.30 - 10.30am	active+ body conditioning	2	7.00 - 8.00pm	MOTR post natal course*
	1	10.35 - 11.35am	boxercise	1	7.05 - 8.05pm	body pump*
	1	11.45 - 12.45pm	body pump*	p	8.00 - 8.45pm	aquafit 45
			1	8.15 - 9.15pm	body balance	
			1	8.15 - 9.15pm	bike it! 60	
<b>thurs</b>	2	9.30 - 10.30am	body balance	2	<b>6.00 - 7.00pm</b>	<b>body balance</b>
	1	9.30 - 10.30am	active plus aerobics	1	<b>6.00 - 7.00pm</b>	<b>aerobic jam</b>
		9.30 - 10.15am	bike it! 45	1	<b>7.00 - 8.00pm</b>	<b>body conditioning</b>
	1	10.35 - 11.35am	legs bums tums	ff	7.00 - 8.00pm	freedom f/f circuits
	p	11.00 - 11.45pm	aquafit		8.05 - 9.05pm	bike it! 60
	1	2.00 - 3.00pm	oasis circuits	1	8.15 - 9.15pm	body pump*
<b>fri</b>	1	9.30 - 10.30am	body pump*		<b>6.00 - 7.00pm</b>	<b>bike it! 60</b>
	2	9.30 - 10.30am	total tone fitball	1	5.45 - 6.15pm	body pump technique
	1	10.35 - 11.35am	body combat	1	6.15 - 7.15pm	body pump*
	2	10.35 - 11.35am	active plus stretch & flex	1	7.30 - 8.30pm	freedom circuits
	1	11.45 - 12.45pm	body balance			
		<b>12.00 - 12.45pm</b>	<b>bike it! 45</b>			
<b>sat</b>		8.15 - 9.15am	bike it! 60			
	1	9.30 - 10.30am	body pump*			
		10.45 - 11.45am	bike it! 60			
<b>sun</b>	1	10.00 - 11.00am	body combat			

## please note:

we request that customers wear inner gloves/wraps when attending boxercise classes

courses are bookable and payable in advance

classes are open to 16yrs +

for timetable changes please check our notice boards or see reception

new classes/class changes highlighted in **bold**

\*To attend body pump you must take part in a technique class.

\*Courses are bookable and payable at reception.

\*MOTR - mums on the run course.

Class duration includes setting up and change over time.

1 - studio 1    2 - studio 2    ff - fitness factory    p - pool