

# uckfield workout timetable

summer term 2010 april 19 - august 29



<b>mon</b>	9.30 - 10.30am body jam <b>c, m</b>	6.30 - 7.30pm aero step
	10.45 - 11.45pm pilates improvers <b>c, m</b>	6.30 - 7.30pm bike it! 7.30 - 8.15pm aquafit 45 <b>m</b> 7.30 - 8.30pm body pump*
<b>tues</b>	9.30 - 10.30am legs, bums & tums <b>c, m</b>	6.15 - 7.00pm fitball, core & more <b>m</b>
	10.45 - 11.45am body balance <b>c, m</b>	6.30 - 7.30pm body combat
	2.00 - 3.00pm active plus aerobics <b>six-o</b>	7.30 - 8.30pm legs, bums & tums <b>m</b>
	2.30 - 3.15pm water therapy** <b>oasis, m-a</b>	7.30 - 8.30pm yoga <b>m</b>
<b>wed</b>	9.00 - 9.30am body pump technique	6.00 - 7.00pm pilates <b>m</b>
	9.30 - 10.30am body pump* <b>c</b>	6.30 - 7.30pm body jam <b>m</b>
	10.45 - 11.45am fitball <b>c, m</b>	7.45 - 8.45pm pole fitness course*
	11.45 - 12.45pm <b>boxercise</b>	7.00 - 8.00pm <b>salsa class</b>
		7.30 - 8.15pm aquafit 45 <b>m</b>
<b>thurs</b>	9.30 - 10.30am body combat <b>c</b>	6.30 - 7.30pm legs, bums & tums <b>m</b>
	10.45 - 11.45am body pump <b>c, m</b>	6.30 - 7.15pm bike it
	12.30 - 1.30pm flex & stretch <b>six-o</b>	7.30 - 8.30pm body pump*
	1.40 - 2.25pm <b>body jam</b> 1418, <b>termtime</b>	8.30 - 9.30pm <b>boxercise</b>
<b>fri</b>	9.30 - 10.30am body pump* <b>c</b>	6.00 - 7.00pm <b>step</b>
	10.45 - 11.45am body balance <b>c, m</b>	
	11.00 - 12.00 am aquafit <b>c, m</b>	
	1.40 - 2.25pm <b>aquafit</b> 1418, <b>termtime</b>	
	1.30 - 3.00pm active plus line dancing	
<b>sat</b>	9.00 - 10.00am legs, bums & tums	<p><b>please note:</b></p> <p><b>new classes/name</b> or <b>class time</b> in <b>bold</b></p> <p><b>c</b> - <b>crèche</b> facilities available.  <b>m</b> - class available as part of <b>mums on the run</b> programme.  <b>m-a</b> - mums on the run antenatal.  <b>six-o</b> - all daytime classes available to members (aquafit and water therapy are not included).  <b>1418</b> classes - members and casual users welcome.</p> <p><b>pilates</b> - you are required to attend the beginners class before participating in the improvers class.  * to attend <b>body pump</b> you must take part in a technique class - please ask at reception.  * <b>pole fitness</b> courses - ask at reception for dates.</p>
	9.30 - 10.15am bike it! 45	
	10.15 - 11.15am body pump*	
<b>sun</b>	9.30 - 10.30am body jam 1418, <b>termtime</b>	