

Pools on the Park - Group Exercise Timetable

	Class	Time	Instructor
Monday	Tai Chi	07.00 - 07.45	Paul
	Indoor cycling	09.45-10.30	Aga M
	Zumba	10.45 - 11.30	Liz
	Indoor cycling	13.00 - 13.45	Tim
	Indoor cycling	18.30-19.15	Gary
	Functional Pilates	18.30 - 19.15	Liz
	Insanity	19.20 - 20.00	Liz
	Stretch & Flex	20.05 - 20.45	Liz
Tuesday	Yoga Flow	07.00-08.00	Tim
	Step	09.30-10.30	Debbie
	Aquafit	10.05-10.50	Ali
	Pilates	11.00-12.00	Laureen
	Body Pump	12.15-13.00	Akiko
	Indoor cycling	12.45-1.30	Tara
	Iyengar Yoga	13.15-14.30	Janette
	Body Pump	18.00-18.45	Hamid
	Indoor cycling	18.00-18.45	Jenny
	Indoor cycling	18.55-19.25	Aga M
	Pilates	19.00-20.00	Hamid
Aquafit	19.30-20.15	Aga M	
Wednesday	HIIT	06.45 - 07.15	Liz
	Iyengar Yoga	09.30-10.45	Janette
	Indoor cycling	10.00-10.45	Tim
	Total Core	11.00-11.45	Tim
	Aerolatino	12.00-12.45	Tori
	Indoor cycling	12.45-13.30	Chris
	Indoor cycling	17.45-18.30	Jenny
	Boxing Conditioning	18:30-19.30	Gary
	Pilates Matwork	19.45-20.45	Jo-Ann
	Indoor cycling	19.30-20.30	Gary
Thursday	Indoor cycling	06.45-07.30	Debbie
	Body Pump	09.45 - 10.45	Tim
	Aquafit	10.05 - 10.50	Liz
	Pilates Matwork	11.00-12.00	Laureen
	Indoor cycling	11.00 - 11.45	Tim
	Aerolatino	18.30-19.15	Jeff
	Indoor cycling	18:45-19:30	Aga M
	Cardio step	19.15-20.00	Jeff
AquaFit	20.00-20.45	Aga M	
Friday	Insanity	06.50 - 07.25	Liz
	Total Body Con	09.30-10.15	Tim
	Yoga Flow	10.30-11.30	Tim
	Indoor cycling	12.10-12.55	Tara
	Pilates Matwork	13.15-14.15	Jo-Ann
	Mindful Hatha Yoga	18.00-19.15	Kirsty
Saturday	Indoor cycling	08.00-08.30	Gabrielle
	Body Pump	08.45-09.45	Gabrielle
	Zumba	10.00-10.45	Liz
	LBT	10.50-11.30	Liz
	Indoor cycling	11.40-12.10	Liz
	Pilates	12.20-13.00	Liz
	Rumba Latina	13.30-14.30	Jeff & Tori
Sunday	Indoor cycling	08.00-08.45	Jenny
	Hatha Yoga	09.00 - 10.00	Kirsty
	Indoor cycling	09.00 - 09.45	Debbie
	Body Pump	10.15-11.15	Debbie
	Yin & Nidri Yoga	11.30-12.45	Debbie