

Pools on the Park Studio Class Programme - valid from April 2024

Monday		
07.00-07.45	Tai Chi	Paul
08.00-08.45	Boxing Conditioning	Jia
09.20-10.35	Iyengar Yoga	Janette
10.45-11.30	Zumba	Liz
13.00-13.45	Indoor cycling	Tim
18.30-19.15	Indoor cycling	Gary
18.30-19.15	Functional Pilates	Liz
19.20-20.00	Insanity	Liz
20.05-20.45	Stretch & Mobilise – New from 15 April	Liz
Tuesday		
07.00-08.00	Yoga Flow	Tim
10.05-10.50	Aquafit	Ali
10.00-10.45	Low Impact Body Conditioning	Liz
11.00-12.00	Pilates	Laureen
12.00-12.45	Indoor cycling	Lucy
12.15-13.00	Body Pump	Akiko
13.15-14.30	Flex & Flow	Akiko
18.00-18.45	Body Pump	Hamid
18.00-18.45	Indoor cycling	Jenny
19.00-20.00	Pilates	Hamid
19.30-20.15	Aquafit – New Instructor	Susan
Wednesday		
06.45-07.15	HIIT	Liz
09.30-10.45	Iyengar Yoga	Janette
10.00-10.45	Indoor cycling	Tim
11.00-11.45	Total Core	Tim
12.00-12.45	Aerolatino	Tori
12.15-13.00	Indoor cycling	Claire
18.00-18.45	Indoor cycling	Jenny
18:30-19.30	Boxing Conditioning	Gary
19.45-20.45	Pilates	Jo-Ann
19.30-20.30	Indoor cycling	Gary
Thursday		
07.00-07.45	Indoor Cycle	Claire
09.45-10.45	Body Pump	Tim
10.05-10.50	Aquafit	Liz
11.00-12.00	Pilates Matwork	Laureen
11.00-11.45	Indoor cycling	Tim
18.30-19.15	Aerolatino	Jeff
19.30-20.15	Cardio step	Jeff

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Friday		
06.50 - 07.25	Insanity	Liz
09.30-10.15	Total Body Con	Tim
10.30-11.30	Yoga Flow	Tim
12.15-13.00	Indoor cycling	Tara
13.15-14.15	Pilates	Jo-Ann
18.00-19.15	Mindful Hatha Yoga	Kirsty
Saturday		
08.00-08.30	Indoor cycling (30 min)	Gabrielle
08.45-09.45	Body Pump	Gabrielle
10.00-10.45	Zumba	Liz
10.50-11.30	LBT	Liz
11.40-12.10	Indoor cycling	Liz
12.20-13.15	Pilates	Liz
13.30-14.30	Rumba Latina	Jeff & Tori
14.05-14.45	Aqua	Liz
Sunday		
09.00-10.00	Hatha Yoga	Kirsty
09.15-10.00	Indoor Cycle	Jenny
10.15-11.15	Freestyle Pump	Jenny
10.00-10.45	Aqua	Liz
11.30-12.00	Indoor Cycle (30min)	Lucy
12.10-13.25	Yin Yoga	Lucy