

Stour Centre			
Day	Time	Class	Instructor
Monday	07.30 - 08.00	HIIT	ContoursTeam
	09.30 - 10.15	RPM	Susan
	09.30 - 10.15	Vibe Power	Sue
	10.15 - 11.00	Aqua (Deep)	Claire
	10.30 - 11.15	BodyBalance	Sally
	10.30 - 11.15	Vibe	Sue
	11.00 - 12.00	Active for Life	Becky
	11.00 - 11.45	Aqua Class (Shallow)	Claire
	12.15 - 13.00	Sport Hall Circuits	Sharon
	17.00 - 17.45	Vibe	SJ
	18.00 - 18.45	RPM	Ange
	18.00 - 19.00	BodyStep	Kirstie
	18.15 - 19.00	Stretch	Sharleen
	19.00 - 19.45	Spin	Nic
19.00 - 20.00	Legs, Bums & Tums	Michelle	
20.00 - 21.00	BodyCombat	Michelle	
21.00 - 21.30	CXWorx	Michelle	
Tuesday	09.30 - 10.15	Spin	Sally
	09.30 - 10.15	Combo	Sarah
	10.15 - 11.00	Sh'bam	Natalie
	10.30 - 11.15	BodyBalance	Sally
	11.15 - 12.00	BodyPump	Sally
	12.15 - 13.00	Spin	Sally
	12.15 - 13.00	BodyCombat	Michelle
	13.00 - 14.00	Pilates	Jan
	17.00 - 18.00	Yoga	Katy
	18.00 - 18.45	RPM	Susan
	18.00 - 19.00	BodyPump	Michelle
	19.00 - 19.45	Vibe	SJ
	19.00 - 20.00	Boxing Blitz	Michelle
	20.00 - 21.00	BodyAttack	Emma
Wednesday	09.30 - 10.15	RPM	Sarah
	09.30 - 10.30	BodyAttack	Emma
	10.15 - 11.00	Aqua Class (Deep)	Kirstie
	10.30 - 11.00	Start Up	ContoursTeam
	10.30 - 11.15	Vibe	SJ
	11.00 - 11.45	Aqua Class (Shallow)	Kirstie
	11.00 - 12.00	Active for Life	Becky
	12.15 - 13.00	BodyBalance	Sally
	12.15 - 13.00	HIIT	ContoursTeam
	17.15 - 17.45	Sprint	Ange
	17.30 - 18.00	Fat Blast	ContoursTeam
	18.00 - 18.45	RPM	Ange
	18.00 - 19.00	Legs, Bums & Tums	Lynne
	19.00 - 19.45	BodyBalance	Lynne
19.00 - 19.45	Aqua Zumba	Lisa	
19.00 - 20.00	BodyAttack	Emma	
20.00 - 20.30	GRIT Strength	Emma	

Stour Centre			
Day	Time	Class	Instructor
Thursday	06.45 - 07.45	BodyCombat	Michelle
	09.30 - 10.15	Legs Bums & Tums	Sharon
	09.30 - 10.30	BodyBalance	Sally
	09.30 - 10.15	Vibe	Sue
	10.30 - 11.00	Abs Blast	Sue
	11.15 - 11.45	GRIT Strength	Emma
	12.15 - 13.00	Vibe	SJ
	12.00 - 12.45	Paracise	Becky
	13.00 - 14.00	Pilates	Jan
	18.00 - 18.30	GRIT Strength	Emma
	18.00 - 18.45	RPM	Marina
	18.30 - 19.00	CXWorx	Emma
	19.00 - 19.30	Sprint	Marina
	19.00 - 20.00	BodyStep	Kirstie
20.00 - 21.00	BodyPump	Andy	
Friday	07.00 - 07.30	Fat Blast	Contours Team
	09.30 - 10.15	BodyCombat	Michelle
	09.30 - 10.15	RPM	Sarah
	10.30 - 11.15	BodyPump	Michelle
	10.30 - 11.15	Aqua Class (Deep & Shallow)	Lisa
	10.30 - 11.00	Sprint	Sarah
	11.30 - 12.30	Active for Life	Claire
	12.15 - 13.00	Fat Blast	ContoursTeam
	12.30 - 13.15	BodyBalance	Natalie
	18.00 - 18.45	Spin	Nic
	18.15 - 19.00	Stretch	Sharleen
	18.30 - 19.15	Powerhoop	Emma
	19.15 - 20.00	Kombat Blast	Sharon
	20.00 - 20.30	CXWorx	Emma
20.30 - 21.00	GRIT Strength	Emma	
Saturday	08.15 - 08.45	Sprint	Sarah
	08.15 - 09.00	BodyBalance	Sally
	09.00 - 09.45	Spin	Hayley
	09.00 - 10.00	BodyAttack	Sally
	10.00 - 11.00	BodyPump	Sally
	08.15 - 09.00	BodyBalance	Ange
Sunday	09.00 - 09.30	HIIT	Contours Team
	09.00 - 10.00	BodyPump	Michelle
	09.15 - 09.45	Sprint	Ange
	10.00 - 10.45	Vibe	SJ
	10.15 - 11.15	Zumba	Ally
	12.30 - 13.00	Fat Blast	Contours Team
	17.00 - 18.00	BodyPump	Naomi
	18.15 - 19.00	BodyBalance	Naomi

Julie Rose Stadium			
Day	Time	Class	Instructor
Monday	10.45 - 11.30	Walk/Jog	Danny
	18.00 - 18.45	Zumba	Ally
	19.00 - 20.00	Bootcamp	Danny
	19.00 - 20.00	Yoga (Beginners)	Katy
	20.00 - 21.30	Yoga (Intermediate)	Katy
Tuesday	19.00 - 19.45	Kombat Blast	Sharon
	19.45 - 20.30	BodyBalance	Hester
Wednesday	09.30 - 11.00	Yoga (Beginners)	Katy
	09.30 - 10.15	Walk/Jog	Jon
	12.15 - 13.00	Legs, Bums & Tums	Sarah
Thursday	19.00 - 20.00	Bootcamp	Danny
	09.30 - 10.30	Legs, Bums & Tums	Emma
Friday	15.15 - 16.00	Walk/Jog	Jon
	10.45 - 11.30	Walk/Jog	Danny
	12.15 - 13.00	BodyBalance	Sarah
Saturday	17.00 - 17.45	Paracise	Becky
	18.00 - 19.00	Zumba	Sarah
	09.00 - 09.45	Powerhoop	Lisa
	09.45 - 10.30	Zumba	Lisa

Virtual Classes at the Stour Centre					
Day	Time	Class		Time	Class
Monday	06.45 - 07.30	RPM 45	Friday	06.45 - 07.30	RPM 45
	08.00 - 08.30	RPM 30		08.00 - 08.30	RPM 30
	11.30 - 12.00	RPM 30		11.15 - 12.00	RPM 45
	12.15 - 12.45	RPM 30		12.15 - 13.00	RPM 45
	13.00 - 13.45	RPM 45		13.15 - 13.45	RPM 30
	14.00 - 14.45	RPM 45		14.00 - 14.45	RPM 45
	16.00 - 16.30	RPM 30		16.00 - 16.30	RPM 30
	16.00 - 16.30	RPM 30		17.00 - 17.45	RPM 45
Tuesday	06.45 - 07.15	RPM 30	Saturday	19.00 - 19.30	RPM 30
	08.00 - 08.45	RPM 45		19.45 - 20.30	RPM 45
	10.30 - 11.00	RPM 30		10.00 - 10.45	RPM 45
	11.15 - 12.00	RPM 45		11.00 - 11.30	RPM 30
	13.15 - 13.45	RPM 30		12.00 - 12.45	RPM 45
	14.00 - 14.30	RPM 30		13.00 - 13.30	RPM 30
	16.00 - 16.45	RPM 45		14.00 - 14.45	RPM 45
	17.00 - 17.45	RPM 45		16.00 - 16.30	RPM 30
Wednesday	20.00 - 20.30	RPM 30	Sunday	08.15 - 08.45	RPM 30
	06.45 - 07.30	RPM 45		11.00 - 11.30	RPM 30
	08.00 - 08.30	RPM 30		12.00 - 12.30	RPM 30
	11.30 - 12.00	RPM 30		12.45 - 13.30	RPM 45
	12.15 - 13.00	RPM 45		14.00 - 14.30	RPM 30
	13.15 - 13.45	RPM 30		15.00 - 15.45	RPM 45
	14.00 - 14.45	RPM 45		16.00 - 16.45	RPM 45
	16.00 - 16.30	RPM 30		17.00 - 17.45	RPM 45
Thursday	20.00 - 20.30	RPM 30	Monday	06.45 - 07.30	RPM 45
	06.45 - 07.30	RPM 45		08.00 - 08.45	RPM 45
	08.00 - 08.45	RPM 45		10.30 - 11.00	RPM 30
	10.30 - 11.00	RPM 30		11.15 - 12.00	RPM 45
	11.15 - 12.00	RPM 45		13.15 - 13.45	RPM 30
	13.15 - 13.45	RPM 30		14.00 - 14.45	RPM 45
	14.00 - 14.45	RPM 45		16.00 - 16.45	RPM 45
	16.00 - 16.45	RPM 45		17.15 - 18.00	RPM 45
17.15 - 18.00	RPM 45	20.00 - 20.45	RPM 45		
20.00 - 20.45	RPM 45				

All information is correct at time of publication but is subject to change without notice. Please speak to a member of the reception team at the relevant site if you require any further information on the classes available.

Colour codes:



Updated August 2019

