

| Stour Centre  |                   |                      |               |
|---------------|-------------------|----------------------|---------------|
| Day           | Time              | Class                | Instructor    |
| Monday        | 07.30 - 08.00     | HIIT                 | Contours Team |
|               | 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  | Lisa          |
|               | 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                 | Becky         |
| 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             | Contours Team |
|               | 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     | Legs, Bums & Tums    | Emma          |
|               | 12.15 - 13.00     | HIIT                 | Contours Team |
|               | 17.15 - 17.45     | Sprint               | Ange          |
|               | 17.30 - 18.00     | Fat Blast            | Contours Team |
|               | 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 - 19.30 | BodyAttack        | Emma                 |               |
| 19.30 - 20.00 | GRIT Strength     | Emma                 |               |
| 20.00 - 21.00 | Boxing Blitz      | Danny                |               |

| 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 | Spin                        | Sarah         |
|               | 18.30 - 19.00 | CXWorx                      | Emma          |
|               | 19.00 - 19.30 | Sprint                      | Sarah         |
|               | 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                   | Contours Team |
|               | 12.30 - 13.15 | BodyBalance                 | Natalie       |
|               | 18.00 - 18.45 | Spin                        | Becky         |
|               | 18.15 - 19.00 | Stretch                     | Sharleen      |
|               | 18.30 - 19.00 | Powerhoop                   | Kerry         |
|               | 19.00 - 20.00 | BodyCombat                  | Clare         |
|               | 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 - 11.00 | Zumba                       | Ally          |
|               | 12.30 - 13.00 | Fat Blast                   | Contours Team |
|               | 17.00 - 18.00 | BodyPump                    | Hester        |
|               | 18.15 - 19.00 | BodyBalance                 | Hester        |

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

**Virtual Classes at the Stour Centre**

| Day       | Time          | Class  |
|-----------|---------------|--------|
| Monday    | 06.45 - 07.30 | RPM 45 |
|           | 08.00 - 08.30 | RPM 30 |
|           | 11.30 - 12.00 | RPM 30 |
|           | 12.15 - 12.45 | RPM 30 |
|           | 13.00 - 13.45 | RPM 45 |
|           | 14.00 - 14.45 | RPM 45 |
|           | 16.00 - 16.30 | RPM 30 |
| Tuesday   | 06.45 - 07.15 | RPM 30 |
|           | 08.00 - 08.45 | RPM 45 |
|           | 10.30 - 11.00 | RPM 30 |
|           | 11.15 - 12.00 | RPM 45 |
|           | 13.15 - 13.45 | RPM 30 |
|           | 14.00 - 14.30 | RPM 30 |
|           | 16.00 - 16.45 | RPM 45 |
| Wednesday | 06.45 - 07.30 | RPM 45 |
|           | 08.00 - 08.30 | RPM 30 |
|           | 11.30 - 12.00 | RPM 30 |
|           | 12.15 - 13.00 | RPM 45 |
|           | 13.15 - 13.45 | RPM 30 |
|           | 14.00 - 14.45 | RPM 45 |
|           | 16.00 - 16.30 | RPM 30 |
| Thursday  | 06.45 - 07.30 | RPM 45 |
|           | 08.00 - 08.45 | RPM 45 |
|           | 10.30 - 11.00 | RPM 30 |
|           | 11.15 - 12.00 | RPM 45 |
|           | 13.15 - 13.45 | RPM 30 |
|           | 14.00 - 14.45 | RPM 45 |
|           | 16.00 - 16.45 | 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:**  
  River Studio  
  Spin Studio  
  New Studio  
  Pool  
  Hall  
  Gym Floor

