

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
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 - 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	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 - 19.15	Powerhoop	Kerry
	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 - 11.00	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	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
Wednesday	19.45 - 20.30	BodyBalance	Lisa
	09.30 - 11.00	Yoga (Beginners)	Katy
	09.30 - 10.15	Walk/Jog	Jon
Thursday	12.15 - 13.00	Legs, Bums & Tums	Sarah
	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
Saturday	12.15 - 13.00	BodyBalance	Sarah
	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

