



Exercise Class Programme

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DAYTIME	BODYCOMBAT™ 6.45 - 7.30am	Kettlercise 6.45 - 7.30am	BODYPUMP™ 6.45 - 7.30am	Kettlercise 6.45 - 7.30am	BODYBALANCE™ 6.45 - 7.30am
	Aqua Fit* 8.30 - 9.15am	BODYPUMP™ 8.30 - 9.30am	Aqua Fit* 8.30 - 9.15am	Aqua Fit* 8.30 - 9.15am	Aqua Fit* 8.30 - 9.15am
	TRX 9 - 9.30am	Aerobics 10 - 11am	Aerobics* 10 - 11am	BODYPUMP™ 8.30 - 9.30am	TRX 9.30 - 10am
		Aqua Fit* 10.30 - 11.15am		Aerobics 10 - 11am	BODYSTEP™ 9.30 - 10.30am
	BODYCOMBAT™ 11am - 12 noon	BODYBALANCE™ 11am - 12 noon		Pilates 11am - 12 noon	Legs, Bums and Tums 11am - 12 noon
	BODYPUMP™ 12.30 - 1.30pm	CXWORX™ 12.30 - 1.30pm	Aqua Fit* 12.30 - 1.15pm	Aerobics* † 12 noon - 12.45pm	BODYPUMP™ 12.30 - 1.30pm
	Aqua Fit* 12.30 - 1.15pm		BODYCOMBAT™ 12.30 - 1.15pm	Aqua Fit* 12.30 - 1.15pm	
		BODYBALANCE™ 1.30 - 2.30pm	Yoga* 2.30 - 3.30pm		
EVENING	BODYPUMP™ 5.30 - 6.30pm	Kettlercise 5.30 - 6.30pm	BODYPUMP™ 5.30 - 6.30pm		BODYPUMP™ 5.30 - 6.30pm
	BODYBALANCE™ 5.45 - 6.45pm	TRX 6 - 6.30pm	TRX 6 - 6.30pm	BODYBALANCE™ 5.45 - 6.45pm	BODYBALANCE™ 5.45 - 6.45pm
	BODYCOMBAT™ 6 - 7pm	Aqua Fit* 6 - 6.45pm			Aqua Fit* 6 - 6.45pm
	BODYPUMP™ 6.30 - 7.30pm	Legs, Bums and Tums 6 - 7pm		BODYSTEP™ 6.30 - 7.30pm	BODYATTACK™ 6.30 - 7.30pm
		TRX 6.30 - 7pm	TRX 6.30 - 7pm		
		BODYATTACK™ 6.30 - 7.30pm	CXWORX™ 6.30 - 7pm		
	Yoga* 6.45 - 8.15pm	BODYBALANCE™ 6.45 - 7.45pm	BODYBALANCE™ 6.45 - 7.45pm	Pilates 6.45 - 7.45pm	Yoga* 6.45 - 7.45pm
	Zumba 7 - 8pm	Circuit Training 7 - 8pm			
	BODYPUMP™ 7.30 - 8.30pm	CXWORX™ 7.30 - 8.30pm	Zumba 7 - 8pm	CXWORX™ 7.30 - 8.30pm	BODYPUMP™ 7.30 - 8.30pm
		BODYBALANCE™ 7.45 - 8.45pm	BODYATTACK™ 7 - 8pm		
	Circuit Training 8 - 9pm	CXWORX™ 8 - 9pm			
	Yoga 8.15 - 9.45pm	BODYCOMBAT™ 8 - 9pm			
	BODYSTEP™ 8.30 - 9.30pm	BODYPUMP™ 8.30 - 9.30pm	BODYPUMP™ 8 - 9pm	BODYPUMP™ 8.30 - 9.30pm	

	SATURDAY	SUNDAY
WEEKEND	BODYPUMP™ 8.30 - 9.30am	BODYPUMP™ 8.30 - 9.30am
	BODYSTEP™ 9.30 - 10.30am	BODYPUMP™ 9.30 - 10.15am
		BODYBALANCE™ 9.45 - 10.45am
	BODYCOMBAT™ 10.30 - 11.30am	Kettlercise 10.30 - 11.30am
	CXWORX™ 11.30am - 12 noon	

EXERCISE CLASS – BOOKING POLICY

Booking – Bookings can be made online 8 days in advance for members. Non-members can book online 7 days in advance and must pay on booking. To guarantee a class place it is advisable to book in advance. Booking is now available online at eastridingleisure.co.uk/bookonline

Attendance – Customers must record their attendance at reception or at the access control (*subject to location*). Professional exercise classes require a warm up. Please arrive on time.

Cancellations – We require a minimum of 24 hours notice. If we are able to re-sell your place we will either issue you a refund or reschedule the booking in accordance with the booking policy. SURE card members can cancel bookings online at eastridingleisure.co.uk/bookonline

Most classes are suitable for 14 years upwards this is at the discretion of the fitness coach, with the exception of classes which include the use of weights.

* These classes are suitable for beginners and over 50s.

† Low impact toning and stretching. No floor work included.

Please see our RPM™ and Myride® programme for information on our indoor cycling classes.

KEY	CARDIO	SPINNING	AQUA
	MIND AND BODY	CORE / STRENGTH	CIRCUITS
	TONING	JUNIOR	DANCE

