

Littledown Centre Leisure Centre Day Class Timetable

Saturday 2 January - Thursday 24 March 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Class types
PLAY 6.30-7.00am Gym Staff (G)	PRIMAL 6.30-7.00am Gym Staff (S4)	POWER 6.30-7.00am Gym Staff (G)	PRIMAL 6.30-7.00am Gym Staff (S4)	PIYo 6.30-7.00am Nicki (MH)	INSANITY 8.00-8.50am Nicki (S1)	INSANITY 8.00-8.50am Nicki (S1)	Calorie Burning Classes
BodyPump Express 6.45-7.30am Molly (S1)	INSANITY 7.00-7.30am Nicki (MH)	INSANITY 6.30-7.00am Nicki (MH)	INSANITY 7.00-7.30am Nicki (MH)	INSANITY 7.05-7.35am Nicki (MH)	Spin 9.00-9.45am Becky W/Laura Q (SS)	Swim Fit 8.00-8.55am Andy (MP)	Muscle Toning & Endurance Classes
INSANITY 7.00-7.30am Nicki (MH)	Power Flow Pilates 7.15-8.00am Cat (S3)	Pilates 6.35-7.30am Viv (S3)	Deep Water Aqua 7.30-8.25am Brigitte (MP)	Spin 7.30-8.00am Molly (SS)	BodyCombat 9.00-9.55am Sophie (S1)	Spin 9.00-9.30am Rebecca (SS)	All Over Body Workout Classes
Hydro Active Level 2 7.45-8.25am Ann (SP)	Aqua Circuits 7.45-8.25am Brigitte (SP)	PIYo 7.05-7.35am Nicki (MH)	Hydro Active Level 2 8.30-9.10am Brigitte (SP)	Deep Water Aqua 8.00-8.55am Brigitte (MP)	PIYo 9.00-9.30am Nicki (S3)	BodyPump 9.00-9.55am Marie (S1)	Re-Energise & Relax Classes
Hydro Active Level 2 8.30-9.10am Ann (SP)	Hydro Active Level 2 8.30-9.10am Brigitte (SP)	Spin 7.30-8.00am Claire (SS)	Hydro Active Level 2 9.15-9.55am Brigitte (SP)	Hydro Active Level 2 8.30-9.10am Cathy (SP)	Spin 9.50-10.20am Becky W/Laura Q (SS)	Zumba 9.00-9.55am Fiona (S2)	Specialist Classes
Hydro Active Level 2 9.15-9.55am Naomi (SP)	Hydro Active Level 2 9.15-9.55am Cathy (SP)	Aqua 7.45-8.25am Brigitte (SP)	Ashtanga Yoga 9.15-10.30am Zoe L C (S3)	Hydro Active Level 2 9.15-9.55am Cathy (SP)	PRIMAL 10.00-10.30am Gym Staff (S4)	PIYo 9.00-9.55am Nicki (S3)	Water Workout Classes
BodyBalance 9.15-10.10am Laura J (S4)	BodyPump 9.15-10.10am Jo L (S1)	Hydro Active Level 2 8.30-9.10am Brigitte (SP)	Pilates 9.15-10.10am Cat (S4)	Athletic Conditioning 9.15-10.10am Adrian/Claire (S1)	CORE 10.30-11.00am Gym Staff (S4)	Spin 9.35-10.20am Rebecca (SS)	Introductory Low Impact Classes
Nice & Easy 9.20-10.05am Debbie (S1)	Ashtanga Yoga 9.15-10.30am Zoe L C (S3)	Hydro Active Level 2 9.15-9.55am Angie (SP)	Beginner/Senior Circuits# 9.20-10.15am Kerry (MH)	Body Balance 9.20-10.15am Laura J (S3)	Spin 10.30-11.15am Elliot (SS)	Circuits 10.00-10.55am Paula (S1)	Primal - Power - Play Classes
Legs, Bums & Tums 9.25-10.15am Jo B (MH)	PLAY 9.30-10.00am Gym Staff (G)	Zumba 9.15-10.00am Georgina (MH)	BodyAttack 9.25-10.20am Louise (S1)	Spin 9.30-10.15am Laura Q (SS)	BodyPump 11.05-12.00pm Tony (S1)	BodyBalance 10.00-10.55am Marie (S3)	Term Time Only
Spin 9.30-10.00am Will (SS)	Spin 9.30-10.00am Annika (SS)	Spin 9.15-9.45am Tony (SS)	PLAY 9.30-10.00am Gym Staff (G)	Body Conditioning 10.15-11.10am Sarah (S1)	Metafit 11.30-12.00pm Elliot (S2)	Legs, Bums & Tums 11.00-11.55am Paula (S1)	
PLAY 9.30-10.00am Gym Staff (G)	Running Group 9.30-10.30am Heather (MR)	Metafit 9.15-9.45am Adam (S1)	Spin 9.30-10.00am Georgina (SS)	Pilates 10.20-11.15am Viv (S3)	BodyPump 12.05-1.00pm Tony (S1)	Ante Natal Yoga 12.00-12.55pm Michelle G (S4)	
Ashtanga Yoga 9.45-11.00am Ulinke (S3)	Senior Pilates 9.45-10.40am Michelle C (S4)	CORE 9.45-10.15am Gym Staff (G)	Running Group 9.30-10.30am Heather (MR)	Nice & Easy Spin 10.30-11.00am Laura Q (SS)			
Spin 10.05-10.35am Will (SS)	CORE 10.00-10.30am Gym Staff (G)	Athletic Stretch 9.50-10.20am Adam (S4)	Hydro Active Level 1 10.00-10.40am Brigitte (SP)	Buggy Training 10.30-11.25am Laura J (MR)	FREE SESSION		
CORE 10.15-10.45am Gym Staff (S4)	Hydro Active Level 1 10.00-10.40am Cathy (SP)	Spin 9.50-10.20am Tony (SS)	Spin 10.05-10.35am Georgina (SS)	Deep Water Aqua 10.45-11.40am Clive (MP)			
Body Conditioning 10.20-11.15am Jo B (S1)	Spin 10.05-10.35am Annika (SS)	PIYo 9.50-10.20am Claire V (S1)	INSANITY 10.30-11.20am Adrian/Claire (S1)	Well Fit 11.20-12.15pm Michelle (S1)			
		BodyCombat 10.20-11.15am Jo L (S1)	Aqua 10.00-10.45am Angela (SP)	Pilates 10.35-11.30am Cat (S3)	Pilates 11.20-12.15pm Viv (S3)		
		Pilates 10.35-11.30am Viv (S3)	Pilates 10.00-10.55am Yolanda (S3)	Aqua Natal # 10.45-11.40am Georgina (SP)	Hydro Active Level 2# 11.45-12.25pm Angie (SP)		
Pilates 11.20-12.15pm Paula (S3)	Stretch & Relax 10.45-11.40am Debbie (S4)	BodyPump 10.30-11.25am Tony (S1)	PIYo 11.30-12.20pm Adrian/Claire (S1)	Stretch & Mobilise 12.25-1.20pm Brigitte (S3)			
BodyPump 11.20-12.15pm Lesley (S1)	Deep Water Aqua # 10.45-11.40am Linda (MP)	Mum & Baby Yoga 10.30-11.15am Michelle G (S4)	Senior Pilates 12.30-1.25pm Debbie (S3)	Spin 1.00-1.30pm Mandy P (SS)			
Hydro Active Level 2# 11.45-12.25pm Angie (SP)	BodyBalance 11.20-12.15pm Jo L (S1)	Deep Water Aqua 10.45-11.40am Gina (MP)	Health Circuits 12.40-1.35pm Irena (S2)	Metafit 1.00-1.30pm Naomi (S1)			
Pilates 12.20-1.15pm Paula (S3)	Pilates 11.35-12.30pm Viv (S3)	Aqua # 10.45-11.30am Angela (SP)	POWER 1.00-1.30pm Gym Staff (G)	Hatha Yoga 1.30-2.45pm Ellie (S3)			
Metafit 12.25-12.55pm Taylor (S1)	Ashtanga Yoga 12.15-1.30pm Zoe LC (S4)	Pilates 11.00-11.55am Yolanda (S3)	Metafit 1.00-1.30pm Louise (S1)				
Health Circuits 12.40-1.25pm Brigitte (S2)	Post Baby Tone 12.30-1.25pm Lucy (S3)	Core Conditioning 11.30-11.55am Tony (S1)	Health Circuits 1.40-2.35pm Irena (S2)				
PLAY 1.00-1.30pm Gym Staff (G)	POWER 1.00-1.30pm Gym Staff (G)	STRETCH 11.30-12.00pm Gym Staff (S4)	Post Baby Tone 1.55-2.40pm Lucy (S3)				
Zumba 1.00-1.55pm Georgina (S1)	Metafit 1.00-1.30pm Denise (S1)	Well Fit 12.00-12.55pm Irena (S1)	Well Fit 3.00-3.55pm Michelle B (S1)				
Spin 1.00-1.30pm Will (SS)	Health Circuits 1.00-1.55pm Irena (S2)	Pilates for Runners 12.30-1.25pm Paula (S4)					
		Well Fit 2.00-2.55pm Michelle (S1)	INSANITY 1.00-1.30pm Claire (S1)				
		Well Fit 3.00-3.55pm Michelle (S1)	PLAY 1.00-1.30pm Gym Staff (G)				
		Spin 1.00-1.30pm Lucy (SS)					
		Hatha Yoga 1.00-1.55pm Irena (S3)					

Littledown Centre Evening Class Timetable

Saturday 2 January - Thursday 24 March 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Class types
PRIMAL 5.30-5.55pm Gym Staff (S4)	Core Conditioning 5.30-5.55pm Cat (S2)	Spin 5.30-6.00pm Rebecca (SS)	Spin 5.25-5.55pm Jo B (SS)	BodyPump 5.30-6.25pm Molly (S1)		Hatha Yoga 5.00-6.30pm (S3) Kamini (S3)	Calorie Burning Classes
Legs, Bums & Tums 5.30-6.25pm Alison (S1)	PLAY 5.30-6.00pm Gym Staff (S4)	Body Conditioning 5.30-6.25pm Sarah (S1)	Core Conditioning 5.30-5.55pm TBC (S1)	Legs, Bums & Tums 5.30-6.25pm Paula (S2)			Muscle Toning & Endurance Classes
PIYo 5.40-6.25pm Claire V (S3)	Legs, Bums & Tums 5.30-6.25pm Sarah (S1)	Metafit 6.00-6.30pm Tony (MH)	Circuits 6.00-6.55pm Adrian (MH)	Begin to Spin 5.30-5.55pm Taylor (SS)			All Over Body Workout Classes
Spin 5.45-6.30pm Cat (SS)	Spin 5.30-6.00pm Michelle C (SS)	Pilates 6.00-6.55pm Debbie (S3)	Dance Aerobics 6.00-6.55pm Jason (S2)	Spin 6.00-6.30pm Taylor (SS)			Re-Energise & Relax Classes
BodyPump 6.30-7.25pm Tony (S1)	Circuits 6.00-6.55pm Adrian (MH)	PLAY 6.00-6.30pm Gym Staff (G)	Body Conditioning 6.00-6.55pm Jo B (S1)	Ashtanga Yoga 6.00-7.15pm Tina (S3)			Specialist Classes
BodyBalance 6.30-7.25pm Holly (S3)	BodyBalance 6.00-6.55pm Cat (S3)	Spin 6.05-6.50pm Rebecca (SS)	Spin 6.15-7.00pm Chris (SS)	BodyPump 6.30-7.25pm Molly (S1)			Water Workout Classes
Spin 6.35-7.05pm Cat (SS)	Step 6.00-6.55pm Alison (S2)	BodyPump 6.30-7.25pm Sue (S1)	CORE 6.30-6.55pm Gym Staff (S4)	Pilates 6.30-7.25pm Paula (S2)			Introductory Low Impact Classes
INSANITY 7.00-7.50pm Claire V (MH)	Spin 6.05-6.35pm Michelle C (SS)	Circuits 6.35-7.30pm Tony (MH)	INSANITY 7.00-7.30pm Sue B (MH)	Spin 6.35-7.05pm Taylor (SS)			Primal - Power - Play Classes
Spin 7.10-7.40pm Helen/Mina (SS)	BodyPump 6.30-7.25pm Charlotte (S1)	Spin 7.00-7.55pm Debbie (SS)	BodyBalance 7.00-7.55pm TBC (S2)	Aqua 6.50-7.30pm Clive (SP)			
Aqua 7.15-8.00pm Clive (SP)	Back Care 6.30-7.25pm Irena (S4)	Boxercise Circuits 7.05-8.00pm Rebecca (S3)	Fitness Yoga 7.00-7.55pm Sarah (S3)				
	Spin 6.45-7.30pm Michelle C (SS)	Aqua 7.15-8.00pm Clive (SP)	Ante Natal Yoga 7.00-7.55pm Michelle G (S4)				
Ashtanga Yoga 7.30-8.25pm Zoe SG (S3)	PLAY 7.00-7.30pm Gym Staff (G)	Core Conditioning 7.30-7.55pm Tony (MH)	Spin 7.05-7.35pm Chris (SS)				
BodyBalance 7.30-8.25pm Holly (S4)	BodyCombat 7.00-7.55pm Candi (MH)	Legs, Bums & Tums 7.30-8.15pm Sue (S1)	BodyCombat 7.35-8.30pm Neale (MH)				
BodyPump 7.30-8.25pm Marie (S1)	Zumba 7.00-7.55pm Cat (S2)	Aqua 8.05-8.50pm Clive (SP)	Back Care Pilates 8.00-8.55pm Chris (S2)				
Spin 7.45-8.30pm Tony (SS)	PIYo 7.05-8.00pm Adrian/Claire (S3)	BodyBalance 8.05-9.00pm Holly (S2)					
Circuits 8.00-8.55pm Adrian (MH)	Metafit 7.30-8.00pm Charlotte (S1)	Hatha Yoga 8.15-9.30pm Kamini (S3)					
Aqua 8.05-8.50pm Clive (SP)	Pilates 7.30-8.25pm Debbie (S4)						
Ashtanga Yoga 8.35-9.30pm Victoria (S3)	Beginners Circuits 8.00-8.55pm Candi (MH)						
Pilates 8.35-9.30pm Mandy B (S1)	BodyAttack 8.05-9.00pm Sophie/Charlotte (S1)						
	Ashtanga Yoga 8.10-9.25pm Araxy (S3)						