

# BRAUNSTONE LEISURE CENTRE

# Group Exercise Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.45am to 7.30am Spin	6.45am to 7.30am Express circuits	6.45am to 7.30am Spin	6.45am to 7.30am Spin	6.45am to 7.30am Spin	8.30am to 9.15am Fitness yoga	9am to 10am Walking football*
9am to 9.45am Aqua aerobics	10am to 10.45am Spin	6.45am to 7.30am Acquabox	10am to 10.45am Functional fitness	6.45am to 7.30am Metapower	9.30am to 10.15am Fitness yoga	10am to 10.45am Spin
10am to 10.45am Legs, bums, tums	11am to 11.45am Step	9am to 9.45am Aqua	11am to 11.45am Spin	9am to 9.45am Aqua aerobics	10.30am to 11.15am Spin	11.15am to 12pm Spin
10am to 10.45am Aqua aerobics	12noon to 12.45pm Yoga	10am to 10.45am Body conditioning	11am to 12noon Walking football*	10am to 10.45am Spin	11.30am to 12.15pm Spin	11.15am to 12pm Circuits
10.45am to 11.30am Aqua aerobics	1pm to 1.45pm Pilates	11am to 11.45am Spin	1pm to 2pm Walking football*	10am to 10.45am Zumba	11.30am to 12.15pm Totally shredded	
11am to 11.45am Spin	5.15pm to 6pm Total aerobics	4.30pm to 5.15pm Funtastic fitness (7-14 yrs)	5.30pm to 6.15pm Tone it up	11am to 11.45am Pilates	12pm to 12.45pm Aqua aerobics	
12pm to 12.45pm Pilates	6pm to 6.45pm Bootcamp	5.30pm to 6.15pm Core	6pm to 6.45pm Spin	11am to 11.45am Pump max		 <b>Cardio</b>  <b>Strength &amp; tone</b>  <b>Mind &amp; Body</b>  <b>Water based</b>  <b>Full body</b>
5.45pm to 6.30pm Pump max	6.05pm to 6.50pm Step	5.30pm to 6.15pm Step	6.15pm to 7pm Legs, bums, tums	5.15pm to 6pm Step		
5.45pm to 6.30pm Spin	6.45pm to 7.30pm Acquapole	6.30pm to 7.15pm Kettlebells	7pm to 7.45pm Spin	6pm to 6.45pm Legs, bums, tums		
6.40pm to 7.10pm Spin	7pm to 7.45pm Body conditioning	6.40pm to 7.10pm Pump max	7.10pm to 7.55pm Kettlebells	6pm to 6.45pm Circuits		
6.45pm to 7.30pm BoxFit	7.05pm to 7.50pm Spin	7pm to 7.45pm Aqua circuits	7.15pm to 8pm Aqua			
7pm to 7.45pm Hyro circuits	7.45pm to 8.30pm Acquabox	7.30pm to 8.15pm Yoga/Pilates				
7.30pm to 8.15pm Core	8pm to 8.45pm Spin					

**CLASSES**  
Please arrive five minutes before the class start time. If you arrive after the class start time your space may be offered to someone else. Participant's minimum age for all classes is 14 years and participants ages 14 - 15 years must be accompanied in the class by an adult.

This timetable is subject to change, for further information visit our website. In addition to the above timetable other activities are available including gymnastics, trampolining, badminton and table tennis. For more information enquire at reception or visit the website.

\*Additional cost

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