

# HEIGHTS FITNESS CLASS PROGRAMME



## MONDAY

Time	Class	Studio	Instructor
9.30 to 10.30am	BLT*	2	Julie M
9.30 to 10.15am	Cyclone*	Cyclone	Cara
9.45 to 10.30am	Low Intensity Aquacise	Small pool	Tina
10 to 11am	Beginner Yoga*	1	Julie C
10.30 to 11.15am	Aquacise	Main pool	Tina
10.30 to 11.15am	Cyclone*	Cyclone	Karen
10.30 to 11.30am	Forever Fit	2	Julie M
11am to 12 noon	Matwork Pilates*	1	Julie C
11.15am to 12 noon	Aquacise	Main pool	Tina
11.45am to 12.45pm	Beginner Ashtanga Yoga <b>(NEW)</b>	2	Sian
1 to 2.15pm	Ashtanga Yoga <b>(NEW)</b>	2	Sian
5 to 6pm	DanceAtomic*	2	Cara
5.15 to 6pm	Cyclone*	Cyclone	Wendy
6 to 7pm	Total Body Workout	2	Karen
6.15 to 7pm	Jiggy Jump*	1	Cara
6.15 to 7pm	Cyclone*	Cyclone	Jess
6.30 to 7.30pm	Aquacise	Main pool	Jess R
7 to 7.30pm	Kettlebell	2	Tim/Wendy
7.15 to 8pm	Cyclone*	Cyclone	Karen
7.45 to 9pm	Hatha Yoga*	1	Julie C

## TUESDAY

7.30 to 8.15am	Cyclone*	Cyclone	Mike
9.15 to 10.15am	Body Conditioning*	1	Karen
9.30 to 10.15am	Cyclone*	Cyclone	Jess H
9.30 to 10.30am	Zumba*	2	Julie M
10.30 to 11.15am	Hula Hoop Fitness*	2	Julie M
10.30 to 11.15am	Jiggy Jump*	1	Jess
11am to 12noon	Aquacise	Main pool	Jess R
11.45am to 12.45pm	Beginner Yoga*	2	Julie C
1 to 2.15pm	Improver Yoga*	2	Julie C
5 to 6pm	DanceAtomic*	2	Cara
5.15 to 6pm	Jiggy Jump*	1	Julie M
6.15 to 7pm	Cyclone*	Cyclone	Cara
6.15 to 7pm	HIIT	2	Chloe
6.15 to 7pm	Jiggy Jump*	1	Karen
6.30 to 7.30pm	Water Wellness	Main pool	Zippy
7.15 to 8pm	Cyclone*	Cyclone	Wendy
7.15 to 8.15pm	Total Body Workout	2	Karen

## WEDNESDAY

9.30 to 10.15am	Cyclone*	Cyclone	Karen
9.30 to 10.15am	Jiggy Jump*	1	Cara
9.30 to 10.30am	Zumba*	2	Lyssa
9.45 to 10.30am	Low Intensity Aquacise	Small pool	Tina
10.30 to 11.15am	Jiggy Jump*	1	Karen
10.30 to 11.15am	Aquacise	Main pool	Tina
10.30 to 11.30am	Forever Fit	2	Susie
11.15am to 12noon	Aquacise	Main pool	Tina
5 to 5.30pm	Punch!	2	Cara
5.15 to 6pm	Cyclone*	Cyclone	Karen
5.30 to 6pm	30 Minute Abs*	2	Cara
5.30 to 6.30pm	20/20/20*	1	Chloe
6 to 7pm	DanceAtomic*	2	Cara
6.15 to 7pm	Cyclone*	Cyclone	Ben/Andy
6.30 to 7.30pm	Aquacise	Main pool	Zippy
6.30 to 7.30pm	Matwork Pilates*	1	Julie C
7 to 8pm	Total Body Workout	2	Karen
7.45 to 9pm	Power Yoga*	1	Julie C

**ALL OF OUR PROGRAMMES CAN BE FOUND ON OUR FREE APP SEARCH: 1LEISURE**

## THURSDAY

Time	Class	Studio	Instructor
7.30 to 8.15am	Cyclone*	Cyclone	Wendy
9.30 to 10.15am	Cyclone*	Cyclone	Lyssa
9.30 to 10.30am	Body Conditioning*	1	Cara
9.30 to 10.30am	Zumba*	2	Julie M
10.30 to 11am	Beginner Cyclone* <b>(NEW)</b>	Cyclone	Lyssa
10.30 to 11.30am	Forever Fit	2	Julie M
11am to 12noon	Aquacise	Main pool	Cara
5 to 5.45pm	Cyclone*	Cyclone	Cara
5 to 5.45pm	Jiggy Jump*	1	Karen
5 to 6pm	DanceAtomic* <b>(NEW)</b>	2	Chloe
6 to 6.45pm	Cyclone*	Cyclone	Karen
6 to 6.45pm	Jiggy Jump*	1	Holly
6 to 7pm	Total Body Workout	2	Cara
7 to 7.45pm	Cyclone*	Cyclone	Holly
7 to 8pm	Step*	2	Julie M

## FRIDAY

9.30 to 10.30am	20/20/20*	1	Karen
9.30 to 10.30am	DanceAtomic*	2	Cara
9.45 to 10.30am	Cyclone*	Cyclone	Tim
9.45 to 10.30am	Low Intensity Aquacise	Small pool	Julie M
10.30 to 11.30am	Forever Fit	2	Susie
10.30 to 11.45am	Power Yoga*	1	Julie C
10.30 to 11.15am	Aquacise	Main pool	Julie M
11.15am to 12noon	Aquacise	Main pool	Julie M
12 to 1pm	Beginner Yoga*	2	Julie C
1.15 to 2.15pm	Matwork Pilates*	2	Julie C
5.30 to 6.15pm	Cyclone*	Cyclone	Jess
6 to 6.30pm	30 Minute Abs*	2	Julie M
6.30 to 7.30pm	Zumba*	2	Julie M
6.30 to 7.15pm	Cyclone*	Cyclone	Claire
6.30 to 7.30pm	Aquacise	Main pool	Jess
6.45 to 7.30pm	Jiggy Jump*	1	Zippy

## SATURDAY

9.15 to 10am	Cyclone*	Cyclone	Claire
9.30 to 10.30am	DanceAtomic*	2	Cara
10.30 to 11am	30 Minute Abs*	2	Cara
11.15am to 12.15pm	Matwork Pilates*	2	Ann

## SUNDAY

9.15 to 10am	Cyclone*	Cyclone	Wendy
9.30 to 10.30am	Total Body Workout	2	Cara
10.15 to 11am	HIIT SSS (Sunday Sweat Session) <b>(NEW)</b>	1	Wendy
10.30 to 11.30am	Step*	2	Julie M
10.45 to 11.30am	Cyclone*	Cyclone	Cara

\*suitable for age 14 and over

### KEY TO ACTIVITY TYPE

Cardio/Tone class	Dance class	Specialist class	Indoor cycling class	Aquacise class	Trampoline class
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