

# MEDINA FITNESS CLASS PROGRAMME

## UPDATE JANUARY 2019

### MONDAY

Time	Class	Studio	Instructor
9 to 10am	Aquacise	Pool	Lynn
9.30 to 10.15am	Cyclone*	Cyclone	AJ
9.30 to 10.30am	Matwork Pilates*	2	Ali
10.30 to 11.30am	Forever Fit	2	Lynn
5 to 6pm	GLOW*	1	Sara
5.30 to 6.15pm	Cyclone*	Cyclone	AJ
5.30 to 6.30pm	Matwork Pilates*	2	Ali
6 to 7pm	Circuit Training	1	Sara
6.30 to 7.15pm	Cyclone*	Cyclone	Zippy
6.30 to 7.30pm	Fitsteps*	2	Ali
7 to 8pm	Aquacise	Pool	Jade
7 to 8pm	Legs, Bums & Tums* <b>(NEW)</b>	1	Sara
7.30 to 8.30pm	20/20/20*	2	Zippy
7.30 to 8.15pm	Cyclone*	Cyclone	Claire
8 to 8.45pm	Step Strong <b>(NEW)</b>	1	Sara

### TUESDAY

8.30 to 9.30am	Matwork Pilates*	2	Ali
9.30 to 10.15am	Cyclone*	Cyclone	AJ
9.30 to 10.30am	Fitsteps FAB*	2	Ali
10.30 to 11.30am	Yoga Inspire*	2	Ali
5.15 to 6pm	Cyclone*	Cyclone	Claire
5.15 to 6pm	Bounce & Burn*	1	Amie
5.45 to 6.45pm	Zumba*	2	Sara
6 to 7pm	Martial Combat* <b>(NEW)</b>	1	George
6.15 to 7pm	Cyclone*	Cyclone	Amie
6.45 to 7.15pm	HIIT	2	Sara
7 to 8pm	Legs, Bums & Tums* <b>(NEW)</b>	1	Amie
7.15 to 7.45pm	30 Minute Abs*	2	Sara
8 to 9pm	GLOW* <b>(NEW)</b>	1	Sara

### WEDNESDAY

7 to 7.45am	Cyclone*	Cyclone	AJ
9 to 10am	Aquacise	Pool	Jade
9.30 to 10.15am	Cyclone*	Cyclone	Lynn
9.30 to 10.30am	Zumba*	2	Sara
10.30 to 11am	30 Minute Abs*	2	Sara
11am to 12.15pm	Hatha Yoga*	2	Julie
12.15 to 1.15pm	Beginner Yoga*	2	Julie
5 to 5.45pm	Step Strong <b>(NEW)</b>	1	Ali
5 to 5.45pm	Cyclone*	Cyclone	Sara
5 to 6pm	Hatha Yoga*	2	Julie
6 to 6.45pm	Cyclone*	Cyclone	Ali
6 to 7pm	20/20/20*	2	Amie
6 to 7pm	Body Conditioning	1	Sara
7 to 7.45pm	Cyclone*	Cyclone	AJ
7 to 8pm	Aquacise	Pool	Amie
7 to 8pm	DanceAtomic*	2	Ali
7 to 8pm	Circuit Training	1	Sara
8 to 8.30pm	Kettlebells	2	Sara

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



### THURSDAY

Time	Class	Studio	Instructor
8.30 to 9.30am	Matwork Pilates* <b>(NEW)</b>	2	Ali
9 to 10am	Aquacise	Pool	Steph
9.30 to 10.15am	Cyclone*	Cyclone	Amie
9.30 to 10.30am	20/20/20*	2	Ali
10.30 to 11.30am	Core and Stretch	2	Ali
5 to 6pm	Fitsteps FAB*	2	Ali
5.15 to 6pm	Bounce & Burn* <b>(NEW)</b>	1	Amie
5.30 to 6.15pm	Cyclone*	Cyclone	Alec
6 to 6.30pm	HIIT <b>(NEW)</b>	2	George
6 to 7pm	GLOW*	1	Ali
6.30 to 7pm	30 mins Abs*	2	George
6.30 to 7.15pm	Cyclone*	Cyclone	Alec
7 to 8pm	Aquacise	Pool	Amie
7 to 8pm	DanceAtomic*	2	Ali
7 to 8pm	Punch & Tone	1	George
8 to 8.45pm	Bounce & Burn*	1	Amie
8 to 9pm	Yoga Inspire*	2	Ali

### FRIDAY

9 to 10am	Aquacise	Pool	Amie
9.30 to 10.15am	Cyclone*	Cyclone	Lynn
9.30 to 10.30am	20/20/20*	2	Donna
10.30 to 11.30am	Forever Fit	2	Lynn
6 to 7pm	Circuit Training	1	Ben C
6 to 7pm	Zumba*	2	Nila
6.15 to 7pm	Cyclone	Cyclone	Amie

### SATURDAY

9 to 9.45am	Cyclone*	Cyclone	Amie
9 to 10am	Fitsteps*	2	Ali
10 to 11am	DanceAtomic*	2	Ali
11am to 12pm	Yoga Inspire*	2	Ali

### SUNDAY

9 to 9.45am	Cyclone*	Cyclone	Sara
10 to 11am	Zumba*	2	Sara
11 to 11.30am	30 mins Abs*	2	Sara

\*suitable for age 14 and over

#### KEY TO ACTIVITY TYPE

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