

MEDINA FITNESS CLASS PROGRAMME

UPDATE 25 FEBRUARY 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* (NEW)	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 (NEW)	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* (NEW)	1	George
6.15 to 7pm	Cyclone*	Cyclone	Amie
6.45 to 7.15pm	HIIT	2	Sara
7 to 8pm	Legs, Bums & Tums* (NEW)	1	Amie
7.15 to 7.45pm	30 Minute Abs*	2	Sara
8 to 9pm	GLOW* (NEW)	1	Sara
8 to 9pm	Intuitive Yoga (NEW)	2	Sian

WEDNESDAY

6.45 to 7.30am	Cyclone*	Cyclone	AJ
9 to 10am	Aquacise	Pool	Jade
9.15 to 10.15am	Zumba*	2	Sara
9.30 to 10.15am	Cyclone*	Cyclone	Lynn
10.15 to 11am	Condition and Tone (NEW)	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 (NEW)	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



THURSDAY

Time	Class	Studio	Instructor
8.30 to 9.30am	Matwork Pilates* (NEW)	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* (NEW)	1	Amie
5.30 to 6.15pm	Cyclone*	Cyclone	Alec
6 to 6.30pm	HIIT (NEW)	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	Fitsteps* (NEW)	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
-------------------	-------------	------------------	----------------------	----------------	------------------

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