

MEDINA FITNESS CLASS PROGRAMME

UPDATED SEPTEMBER 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
5.30 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*	1	Sara
7.30 to 8.15pm	Cyclone*	Cyclone	Claire
7.30 to 8.30pm	20/20/20*	2	Zippy

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	Combat/Punch*	1	George
6.15 to 7pm	Cyclone*	Cyclone	Amie
6.45 to 7.15pm	HIIT	2	Sara
7 to 8pm	Legs, Bums & Tums*	1	Amie
7.15 to 7.45pm	30 Minute Abs*	2	Sara
7.45 to 8.15pm	Kettlebells	2	Sara

WEDNESDAY

9 to 10am	Aquacise	Pool	Jade
9.30 to 10.15am	Cyclone*	Cyclone	Lynn
10.15 to 11.15am	Condition and Tone	2	Sara
11.15am to 12.15pm	Hatha Yoga*	2	Julie
12.15 to 1.15pm	Beginner Yoga*	2	Julie
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 8pm	Aquacise	Pool	Amie
7 to 8pm	Bootcamp	1	Sara
7 to 8pm	DanceAtomic*	2	Ali
8 to 9pm	Matwork Pilates* (NEW)	2	Ali



THURSDAY

Time	Class	Studio	Instructor
6.30 to 7.15am	Cyclone*	Cyclone	Julie
8.30 to 9.30am	Matwork Pilates*	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/Stretch	2	Ali
5 to 6pm	Fitsteps FAB*	2	Ali
5.15 to 6pm	Bounce & Burn*	1	Amie
5.30 to 6.15pm	Cyclone*	Cyclone	Alec
6 to 6.30pm	HIIT	1	George
6.30 to 7pm	30 mins Abs*	1	George
6.30 to 7.15pm	Cyclone*	Cyclone	Alec
6 to 7pm	DanceAtomic*	2	Ali
7 to 8pm	Aquacise	Pool	Amie
7 to 8pm	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*	2	Donna
10.30 to 11.30am	Forever Fit	2	Lynn
5.45 to 6.45pm	Bootcamp	1	Ben
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	Narisa

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

HEIGHTS FITNESS CLASS PROGRAMME

UPDATED SEPTEMBER 2019

MONDAY

Time	Class	Studio	Instructor
9.30 to 10.30am	Legs, Bums & Tums*	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 11.30am	Forever Fit	2	Julie M
10.30 to 11.15am	Aquacise*	Main pool	Tina
10.30 to 11.15am	Cyclone*	Cyclone	Karen
11am to 12 noon	Matwork Pilates*	1	Julie C
11.15am to 12 noon	Aquacise*	Main pool	Tina
5 to 6pm	DanceAtomic	2	Cara
5.15 to 6pm	Cyclone*	Cyclone	Wendy
6 to 7pm	Body Conditioning	2	Karen
6.15 to 7pm	Bounce & Burn	1	Cara
6.15 to 7pm	Cyclone*	Cyclone	Jess
6.30 to 7.30pm	Aquacise*	Main pool	Lauren
7 to 8pm	Zumba*	2	Narisa
7.15 to 7.45pm	Kettlebells	1	Tim
7.15 to 8pm	Cyclone*	Cyclone	Karen
7.45 to 9pm	Hatha Yoga*	1	Julie C

TUESDAY

6.15 to 7am	Sunrise Cyclone*	Cyclone	Lyssa
9.15 to 10.15am	20/20/20*	1	Karen
9.30 to 10.15am	Cyclone*	Cyclone	Jess
9.30 to 10.30am	Zumba*	2	Julie M
10.30 to 11.15am	Bounce & Burn*	1	Jess
11am to 12noon	Aquacise*	Main pool	Tim
12 to 1pm	Beginner Yoga*	2	Julie C
1 to 2.15pm	Improver Yoga*	2	Julie C
5 to 6pm	DanceAtomic*	2	Cara
6 to 6.30pm	HIIT (Intermediate/Advanced)*	2	Chloe
6.15 to 7pm	Cyclone*	Cyclone	Cara
6.30 to 7pm	HIIT (Beginners)	2	Chloe
6.30 to 7.30pm	Water Wellness	Main pool	Zippy
7.15 to 8.15pm	Body Conditioning	2	Karen

WEDNESDAY

9.15 to 10am	Cyclone*	Cyclone	Karen
9.30 to 10.15pm	Bounce & Burn	1	Cara
9.30 to 10.30am	Zumba*	2	Narisa
9.45 to 10.30am	Low Intensity Aquacise*	Small pool	Tina
10.30 to 11.30am	Forever Fit introduces Zumba Gold*	2	Narisa
10.30am to 11.15am	Aquacise*	Main pool	Tina
11.15am to 12noon	Aquacise*	Main pool	Tina
5 to 5.30pm	Kettlebells	1	Cara
5.15 to 6pm	Cyclone*	Cyclone	Karen
5.30 to 6pm	Ab Challenge*	1	Cara
6 to 7pm	DanceAtomic*	2	Cara
6.15 to 7pm	Cyclone*	Cyclone	Yvette
6.30 to 7.30pm	Aquacise*	Main pool	Zippy
6.45 to 7.45pm	Matwork Pilates*	1	Julie C
7.15 to 8pm	Cyclone*	Cyclone	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
6.15 to 7am	Sunrise Cyclone*	Cyclone	Lyssa
9.30 to 10.15am	Cyclone*	Cyclone	Lyssa
9.30 to 10am	Kettlebells	1	Cara
10 to 10.30am	Ab Challenge*	1	Cara
9.30 to 10.30am	Zumba*	2	Julie M
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 6pm	Zumba*	2	Narisa
5 to 6pm	Functional Fitness Circuit with Karen*	1	Karen
6 to 7pm	Total Body Workout	2	Cara
6.15 to 7pm	Cyclone*	Cyclone	Karen

FRIDAY

9.15 to 10.15am	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	Karen
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
11.30am to 12.30pm	Fitsteps*	2	Donna
12 to 1.15pm	Beginner Yoga and relaxation*	1	Julie C
1.15 to 2.15pm	Matwork Pilates*	1	Julie C
5.30 to 6.15pm	Cyclone*	Cyclone	Jess
6.30 to 7.30pm	Zumba*	2	Julie M
6.30 to 7.30pm	Aquacise*	Main pool	Tina

SATURDAY

9.15 to 10am	Cyclone*	Cyclone	Claire
9.30 to 10.30am	DanceAtomic*	2	Cara
10.30 to 11am	30 Min Abs	2	Cara

SUNDAY

9.15 to 10am	Cyclone*	Cyclone	Wendy
9.30 to 10.30am	Total Body Workout	2	Cara
10.45 to 11.30am	Cyclone*	Cyclone	Cara
10.30 to 11.30am	Step with Julie*	2	Julie M

*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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