

**Pools on the Park – Group Exercise Class Programme****Valid from 17 May 2021**

<b>Monday</b>			
07.00-07.45	Tai Chi	Paul	Studio
10.45-11.30	Zumba	Liz	Studio
13.00-13.45	Indoor Cycle	Tim	Marquee
18.30-19.15	Functional Pilates	Liz	Studio
18.45-19.15	Indoor Cycle	Gary	Marquee
19.30-20.00	Insanity	Liz	Studio
20.15-21.00	Stretch & Flex	Liz	Studio

<b>Tuesday</b>			
06.45-07.30	Indoor Cycle	Debbie	Marquee
07.00-08.00	Yoga Flow	Tim	Studio
10.00-10.45	Aqua	Ali	Main pool
11.00-12.00	Pilates	Laureen	Studio
12.15-13.00	Body Pump	Akiko	Studio
12.45-13.30	Indoor Cycle	Tara	Marquee
13.15-2.30	Iyengar Yoga	Janette	Studio
18.00-18.45	Body Pump	Hamid	Studio
18.00-18.45	Indoor Cycle	Aga	Marquee
19.00-20.00	Pilates	Hamid	Marquee
19.00-19.45	Aqua	Aga	Main Pool

<b>Wednesday</b>			
06.45-07.15	HIIT	Liz	Studio
10.00-10.45	Indoor Cycle	Tim	Marquee
11.00-11.45	Total Core	Tim	Studio
12.00-12.45	Aerolatino	Tori	Studio
12.45-1.30	Indoor Cycle	Chris	Marquee
17.45-18.30	Indoor Cycle	Jenny	Marquee
18.45-19.30	Boxing Conditioning	Gary	Studio
19.45-20.30	Indoor Cycle	Gary	Marquee
19.45-20.45	Pilates	Jo-Ann	Studio

<b>Thursday</b>			
06.45-07.30	Indoor Cycle	Debbie	Marquee
09.45-10.45	Body Pump	Tim	Studio
10.00-10.45	Aqua	Liz	Main pool
11.00-12.00	Pilates	Laureen	Studio
11.00-11.45	Indoor Cycle	Tim	Marquee
18.30-19.45	Aerolatino	Jeff	Studio
18.45-19.30	Indoor Cycle	Aga	Marquee
19.30-20.15	Cardio Step	Jeff	Studio
20.00-20.45	Aqua	Aga	Main Pool

<b>Friday</b>			
06.50-07.20	Insanity	Liz	Studio
10.15-11.15	Yoga Flow	Tim	Studio
12.00-12.45	Indoor Cycle	Tara	Marquee
13.15-14.15	Pilates	Jo-Ann	Studio
18.00-19.15	Mindful Hatha Yoga	Kirsty	Studio (from 28 May)

<b>Saturday</b>			
08.00-08.30	Indoor Cycle	Gabrielle	Marquee
08.45-09.45	Body Pump	Gabrielle	Studio
10.00-10.45	Zumba	Liz	Studio
11.00-11.30	Legs, Bums & Tums	Liz	Studio
11.45-12.20	Indoor Cycle	Liz	Marquee
12.25-1.10	Pilates	Liz	Studio
13.30-14.30	RumbaLatina	Tori/Jeff	Studio

<b>Sunday</b>			
08.00-08.45	Indoor Cycle	Jenny	Marquee
09.00-09.45	Indoor Cycle	Debbie	Marquee
09.00-10.00	Hatha Yoga	Kirsty	Studio (from 30 May)
10.15-11.15	Body Pump	Debbie	Studio
12.00-13.00	Dynamic Yoga	Ruta	Studio