

Pools on the Park

Studio Class Programme – valid from January 2025

Monday		
07.45-08.25	Boxercise	Liz
09.20-10.35	Iyengar Yoga	Janette
10.45-11.30	Zumba	Liz
13.00-13.45	Indoor cycling	Tim
18.30-19.15	Indoor cycling	Gary
18.30-19.15	Functional Pilates	Liz
19.20-20.00	Body Blast	Liz
20.05-20.45	Stretch & Mobilise	Liz
Tuesday		
07.00-08.00	Yoga Flow	Tim
09.30-10.15	Core & More	Ali
10.05-10.50	Aquafit	Ali
10.15-11.00	Low Impact Body Conditioning	Liz
11.00-12.00	Pilates on the Ball	Laureen
12.00-12.45	Indoor cycling	Lucy
12.15-13.00	Body Pump	Akiko
13.15-14.30	Flex & Flow	Akiko
18.30-19.25	Body Pump	Hamid
18.00-18.45	Indoor cycling	Jenny
19.30-20.30	Pilates	Hamid
19.30-20.15	Aquafit	Susan
Wednesday		
06.45-07.15	HIIT	Liz
09.30-10.45	Iyengar Yoga	Janette
10.00-10.45	Indoor cycling	Tim
11.00-11.45	Total Core	Tim
12.00-12.45	Aerolatino	Tori
12.15-13.00	Indoor cycling	Claire
18.00-18.45	Indoor cycling	Jenny
18:30-19.30	Boxing Conditioning	Gary
19.45-20.45	Pilates	Jo-Ann
19.30-20.30	Indoor cycling	Gary
Thursday		
07.00-07.45	Indoor Cycle	Claire
09.45-10.45	Body Pump	Tim
10.05-10.50	Aquafit	Na-Young
11.00-12.00	Pilates Matwork	Laureen
11.00-11.45	Indoor cycling	Tim
18.30-19.15	Aerolatino	Jeff
19.15-20.00	Cardio step	Jeff

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Friday		
06.45-07.20	Body Blast	Liz
09.30-10.15	Total Body Conditioning	Tim
10.30-11.30	Yoga Flow	Tim
12.15-13.00	Indoor cycling	Tara
13.15-14.15	Pilates	Jo-Ann
18.00-19.15	Mindful Hatha Yoga	Kirsty
Saturday		
08.00-08.30	Indoor cycling (30 min)	Gabrielle
08.45-09.45	Body Pump	Gabrielle
09.45-10.30	Zumba	Liz
10.30-11.15	Legs, Bums & Tums	Liz
11.15-12.00	Low Impact Body Conditioning	Liz
12.00-12.45	Pilates	Liz
13.05-13.45	Aqua	Liz
13.15-14.15	Rumba Latina	Jeff & Tori
Sunday		
09.00-10.00	Hatha Yoga	Kirsty
09.15-10.00	Indoor Cycle	Jenny
10.15-11.15	Freestyle Pump	Jenny
10.00-10.45	Aqua	Liz
11.30-12.00	Indoor Cycle (30min)	Lucy
12.10-13.25	Yin Yoga	Lucy