

Fitness Class Timetable

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

06:55-07:25
Express
Body Pump
Diana

07:30-08:00
Express
Body Balance
Diana

06:30-07:15
Spin
Katie

06:55-07:40
Body Pump
Diana

06:05-06:50
Pump Fit
Indre

06:55-07:40
Pilates
Indre

07:55-08:25
Express
Spin
Katie

08:05-08:50
Aqua
Laraine

09:05-09:50
Zumba
Laraine

10:00-10:45
Body Pump
Tina

09:20-09:50
Express
Spin
Fitness Team

09:55-10:40
Circuit
Fitness Team

10:45-11:15
Body Balance
Fitness Team

18:05-18:35
Express
Body Balance
Diana

18:45-19:30
Core Crusher
Lisa

19:35-20:20
The Weekend Drill
Lisa

18:05-18:50
Body Conditioning
Circuit
Diana

19:00-19:45
Adult Climb
Diana

19:45-20:30
Body Pump
Tina

20:35-21:20
Pilates
Laraine

18:05-18:50
Boxing
Sam

19:00-19:30
Express
Body Balance
Sam

19:00-19:30
Swim Fit
Swim Team

19:30-20:00
Swim Fit
Swim Team

18:05-18:50
Pump Fit
Indre

18:30-19:15
Run Club
Sam

18:55-19:40
Pilates
Indre

18:05-18:35
Express
Spin
Diana

18:45-19:15
Express
Body Balance
Diana

- Please remember to book your class!
- Saturday Body Pump starts 26th May

Class Index

High Intensity

Strength & Conditioning

Low Impact

Dance

Aqua

Adult Climbing



Chigwell
SPORT & WELLNESS CENTRE