

Fitness Class Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:30-07:15 Body Pump Diana		06:30-07:15 Spin Katie	06:30-07:15 Circuit Diana	06:30-07:15 Body Pump Diana	08:05-08:50 Aqua Laraine	09:20-09:50 Express Spin Fitness Team
					09:05-09:50 Zumba Laraine	09:55-10:40 Circuit Fitness Team
	08:00-08:30 Express Spin Katie	08:00-08:45 Circuit Katie		08:00-08:30 Express Spin Katie	10:00-10:45 Body Pump Tina	10:45-11:15 Body Balance Fitness Team

	18:05-18:50 Circuit Diana	18:05-18:50 Boxing Sam	18:05-18:50 Circuit Sam	
18:45-19:30 Core Crusher Lisa	19:00-19:45 Adult Climb Diana	19:00-19:30 Express Body Balance Sam	18:55-19:40 Pilates/ Core Stability Sam	19:00-19:30 Express Spin Diana
19:35-20:20 The Weekend Drill Lisa	19:45-20:30 Body Pump Tina	19:00-19:30 Swim Fit Tello		19:35-20:05 Express Body Balance Diana
	20:35-21:20 Pilates Laraine	19:30-20:00 Swim Fit Tello		

- Please note, there are some occasions where activities may be moved, changed or cancelled. Please book in advance to avoid disappointment.

Class Index
High Intensity
Strength & Conditioning
Low Impact
Dance
Aqua
Adult Climbing



Chigwell
SPORT & WELLNESS CENTRE