

Fitness Class Timetable

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

06:30-07:15

Spin
Katie

06:30-07:15

Body Pump
Emily

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

18:45-19:30

Core Crusher
Diana

18:05-18:50

Circuit
Jourdan

18:30-19:15

Boxing
Sam

18:05-18:50

Circuit
Sam

19:00-19:45

Pilates/
Core Stability
Sam

19:35-20:20

The Weekend Drill
Diana

19:25-19:55

Express
Body Balance
Sam

19:45-20:30

Body Pump
Tina

20:35-21:20

Pilates
Laraine

19:30-20:30

Swim Fit
Swim Team

Class Index

High Intensity

Strength & Conditioning

Low Impact

Dance

Aqua

Adult Climbing

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



Chigwell
SPORT & WELLNESS CENTRE