

Fitness Class Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:30-07:15 Circuit Katie		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			08:00-08:30 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
19:35-20:20 The Weekend Drill Diana		19:25-19:55 Express Body Balance Sam	19:00-19:45 Pilates/ Core Stability Sam
	19:45-20:30 Body Pump Tina		
	20:35-21:20 Pilates Laraine	19:30-20:30 Swim Fit Swim Team	

• Please note, there are some occasions where activities maybe 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