



# EXERCISE STUDIO TIMETABLES

Day	Time	Class
Monday	07:05-7:45am	Body Pump
	09:15-10:30am	Mind Relax Yoga
	10:45-11:45am	Intermediate Iyengar Yoga
	12:00-12:45pm	Beginners Iyengar Yoga
	1:20-2:05pm	Pilates (mixed)
	2:15-3:45pm	Healthy Lifestyles
	5:30pm-6:30pm	Body Pump
	6:45pm-7:30pm	Body Attack
	7:45-9:15pm	Mind Relax Yoga
Tuesday	09:45-10:45am	Body Pump
	11:00-11:55am	Fit & Functional
	12:00-12:45pm	Pilates (Mixed)
	12:50-1:35pm	Insanity
	3.30-5.45pm	Private Hire
	6:00-6:45pm	Circuits
	6:50-7:35pm	KickBoxing
7:45-8:30pm	Kettlebells	
8:35-9:30pm	Zumba	
Wednesday	09:30-10:30am	RIP! Pump
	10:45-11.30am	Zumba Toning
	12:30-1:15pm	Zumba
	2pm-3:30pm	Healthy Lifestyles

Day	Time	Class
Wednesday	5.30-6.30pm	Body Pump
	6:00-7:00pm	Bootcamp outdoor
	6:40-7:25pm	Body Attack
	7:35-8:20pm	HIIT
	8:30-9:15pm	Kettlebells
	Thursday	9:45-10:45am
11:00-11:55am		Fit & Functional
12:00-1:00pm		Council Private Hire
3:15pm-5:30pm		Kumon Private Hire
5:40-6:25pm		HIIT
6:30-7:15pm		Beginners Iyengar Yoga
Friday	7:15-8:15pm	Intermediate Iyengar Yoga
	09:30-10:30am	Balance Control Pilates
	10:45am-11:45am	Vinyasa flow Yoga
	12:30-1:10pm	MetaFit
	1:15-2:15pm	A.R.N.I Rehab Class
	2:45-4:00pm 4.15-5.15pm	Healthy Lifestyles Private Hire
5:30-6:15pm	Body Attack	
6:30-7:30pm	Body Pump	
Saturday	08:15-9:00am	BodyPump
	09:10-09:55am 10:00-12:00	Body Pump Karate Private Hire
Sunday	10:00-11:00am	Body Pump

Book online: <https://cravenswimmingpool.legendonlineservices.co.uk/enterprise/account/login>

