

HAMPTON LEISURE CENTRE - CLASS TIMETABLE

MONDAY

Time	Class	Studio	Instructor
08:35-09:20	Aerobics and Tone	Studio	Nat
09:30-10:15	Weights Circuit	Studio	Kaz
10:00-11:00	Stroke Rehabilitation	Community	Matt
10:30-11:30	Pilates	Studio	Kaz
12:00-13:00	Weight Loss	Studio	Sam
13:15-14:15	Chair Pilates	Studio	Kate
18:00-19:00	Les Mills Body Pump	Studio	Kate
19:10-19:55	Strictly Dancefit	Studio	Natalie
20:05-21:05	Hatha Yoga	Studio	Kate

TUESDAY

Time	Class	Studio	Instructor
09:30-10:30	Les Mills Body Pump	Studio	Penny
10:35-11:35	YAH Body Conditioning	Community	Sandra
11:00-12:00	Re-Ffit Strength & Balance	Studio	Kate
12:15-13:15	Cardiac Rehabilitation	Studio	Kate
13:30-14:30	Yoga	Studio	Becky
18:10-18:50	Studio Cycling	Studio	Vikki
19:10-19:55	Cardio Pilates	Studio	Kate

WEDNESDAY

Time	Class	Studio	Instructor
09:15-10:15	Beginners Yoga	Studio	Kate
10:45-11:45	Chair Based Exercise	Studio	Sam
12:00-13:00	Cardio Circuits	Studio	Sam
11:00-12:00	Pilates	Community	Penny
18:00-18:45	Les Mills Body Pump	Studio	Jenny
18:55-19:40	Zumba	Studio	Jenny
19:50-20:35	Strictly Dancefit	Studio	Natalie

THURSDAY

Time	Class	Studio	Instructor
09:30-10:30	Les Mills Body Pump	Studio	Penny
11:00-12:00	Yoga	Studio	Justine
12:45-13:45	Adv Strength & Balance	Studio	Kate
13:45-14:45	Beginners Pilates	Studio	Kate
18:15-19:15	Les Mills Body Pump	Studio	Andy

FRIDAY

Time	Class	Studio	Instructor
09:30-10:30	Pilates	Studio	Kate
10:15-11:00	Stretch and Tone	Community	Sandra
10:45-11:45	Adaptive Yoga	Studio	Kate
11:50-12:35	Simply Active	Studio	Kate
13:00-14:00	Adult Ballet	Studio	Becky
14:15-15:00	Guided Meditation	Studio	Becky
18:15-19:15	Les Mills Body Pump	Studio	Andy

SATURDAY

Time	Class	Studio	Instructor
09:00-10:00	Les Mills Body Pump	Studio	Penny

SUNDAY

Time	Class	Studio	Instructor
09:00-09:45	Studio Cycling	Studio	Vikki
10:00-10:45	Les Mills Body Pump	Studio	Vikki
13:00-14:00	Gentle Yoga	Studio	Kate

Updated Apr26

If you book a fitness class and are unable to attend, please make sure you cancel the booking so that the space can be made available to somebody else. Failure to cancel a class booking may result in a 7 day booking ban.