

TEMPORARY CLASS TIMETABLE - 29 Nov to 16 Dec

MONDAY

Time	Class	Studio	New Venue
09.30-10.30	BodyPump*	Studio	Hampton
10.00-10.30	Aqua Fit Shallow	MP	CANCELLED
10.40-11.40	Pilates	Multi-use	Hampton
11.00-12.00	Chair Based Yoga	Pavilion	Track
12.15-13.00	Fitsteps	Multi-use	Hampton
18.00-19.00	Cardio Combat	Dance	Werrington
19.30-20.30	Hatha Yoga	Multi-use	Hampton

TUESDAY

Time	Class	Studio	New Venue
09.15-10.00	Studio Cycling	SC	Premier
09.30-10.15	Thigh Bums Tums	Multi-use	Hampton
10.00-11.00	(YAH) Body condition**	Club Room	Hampton
12.00-13.00	Yoga	Multi-use	Hampton
16.15-16.45	Ab Blast**	Multi-use	Hampton
17.30-18.15	Studio Cycling	Community	Werrington
18.05-18.50	Zumba	Multi-use	Hampton
19.00-20.00	BodyPump*	BLC	Bushfield
20.00-20.45	Aqua Fit Deep	DP	CANCELLED

WEDNESDAY

Time	Class	Studio	New Venue
09.30-10.30	Body Blast	Club Room	Hampton
11.00-12.00	Pilates	Multi-use	Hampton
11.00-11.50	Strength & Balance	Pavilion	Track
12.00-12.45	Aqua Fit Shallow	MP	Lido
12.00-12.50	Heart Failure Rehab	Pavilion	Track
17.00-17.55	Kids Karate (5-16 yrs)	Drama	Werrington
18.00-18.30	HIIT Steps	S2	CANCELLED
18.00-18.45	Studio Cycling	Community	Werrington
18.00-18.45	Aqua Fit Deep	MP	CANCELLED
18.40-19.25	Cardio Combat	Drama	Werrington
19.35-20.35	Yoga	Dance	Werrington

Venues

Premier = Vivacity Premier Fitness, PE7 8DT

Hampton = Hampton Leisure Centre, PE7 8HG

Track = Embankment Athletics Track, PE1 5BW

Werrington = Werrington Leisure Centre, PE4 6JT

Lido = Peterborough Lido, PE1 1YY

THURSDAY

Time	Class	Studio	New Venue
09.30-10.30	BodyPump*	Studio	Hampton
10.00-11.00	Re-Fit Strength & Balance	Pavilion	Track
10.50-11.50	Yoga Stretch	Multi-use	Hampton
11.00-12.00	Chair Based Pilates	Pavilion	Track
17.30-17.55	Ab Blast	Drama	Werrington
18.05-18.50	Thighs Bums Tums	Drama	Werrington
19.00-19.45	BodyPump (Circuits)	Drama	Werrington
20.05-20.50	Aqua Fit Deep	MP	CANCELLED

FRIDAY

Time	Class	Studio	New Venue
08.00-08.45	Studio Cycling	SC	Premier
08.35-09.20	Express BodyCombat*	Studio	Hampton
10.15-11.00	Stretch and Tone	Multi-use	Hampton
11.50-12.50	Yin Yoga	Multi-use	Hampton
19.15-20.15	Meta Circuits**	BLC	Bushfield

SATURDAY

Time	Class	Studio	New Venue
09.00-09.45	BodyCombat*	S2	CANCELLED
10.00-10.30	MetaFit	Drama	Werrington
10.40-11.25	Circuits	Drama	Werrington

SUNDAY

Time	Class	Studio	New Venue
08.45-09.45	Pilates	Spin	Bushfield
10.05-11.00	Total Body Attack	Multi-use	Hampton
10.30-11.15	Aquanatal	MP	CANCELLED
11.10-11.55	BodyPump*	Studio	Hampton

*Les Mills class **New time

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.