

# HAMPTON LEISURE CENTRE - CLASS TIMETABLE

**MONDAY**

Time	Class	Studio	Instructor
08:35-09:20	Aerobics and Tone	Studio	Nat
09:30-10:15	Les Mills BodyPump	Studio	Kaz
10:00-11:00	Stroke Rehabilitation	Multi-use	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 BodyPump	Studio	Kate
19:10-19:55	FITsteps	Studio	Natalie
20:05-21:05	Hatha Yoga	Studio	Kate

**TUESDAY**

Time	Class	Studio	Instructor
09:30-10:30	Les Mills BodyPump	Studio	Penny
10:35-11:35	YAH Body Conditioning	Multi-use	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	Laura
18:15-18:55	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	Multi-use	Penny
18:00-18:45	Zumba	Studio	Jenny
18:55-19:40	Les Mills BodyPump	Studio	Jenny
19:50-20:35	FitSteps	Studio	Natalie

**THURSDAY**

Time	Class	Studio	Instructor
09:30-10:30	Les Mills BodyPump	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 BodyPump	Studio	Andy

**FRIDAY**

Time	Class	Studio	Instructor
09:30-10:30	Pilates	Studio	Kate
10:15-11:00	Stretch and Tone	Multi-use	Sandra
10:45-11:45	Adaptive Yoga	Studio	Kate
11:50-12:35	Simply Active	Studio	Kate
14:00-15:00	Guided Meditation	Studio	Becky
18:15-19:15	Les Mills BodyPump	Studio	Andy

**SATURDAY**

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

**SUNDAY**

Time	Class	Studio	Instructor
09:00-09:45	Studio Cycling	Studio	Vikki
10:00-10:45	Les Mills BodyPump	Studio	Vikki
11:00-11:45	Les Mills BodyAttack	Studio	Leigh
13:00-14:00	Gentle Yoga	Studio	Kate

