

# TEMPORARY CLASS TIMETABLE

**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
10.35-11.35	(YAH) Body conditioning	Multi-use	Hampton
12.00-13.00	Yoga	Multi-use	Hampton
17.10-17.55	Ab Blast	S2	Premier
17.30-18.15	Studio Cycling	Community	Werrington
18.05-18.50	Zumba	S2	Premier
19.00-20.00	BodyPump*	S1	Premier
20.00-20.45	Aqua Fit Deep	DP	CANCELLED

**WEDNESDAY**

Time	Class	Studio	New Venue
09.30-10.30	Body Blast	Multi-use	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	Multi-use	Hampton
18.00-18.45	Studio Cycling	Community	Werrington
18.00-18.45	Aqua Fit Deep	MP	Lido
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-Ffit Strength & Balance	Pavilion	Track
11.00-12.00	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
09.15-10.00	Express BodyCombat*	S2	Premier
10.15-11.00	Stretch and Tone	Multi-use	Hampton
11.50-12.50	Yin Yoga	S1	Premier
18.30-19.30	Meta Circuits	S1	Premier

**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	S2	Premier
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

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.