

HEALTH & WELLBEING CLASS TIMETABLE

MONDAY

Time	Class	Venue	Room	Instructor
09.45 - 10.45	Pre-Op Exercise	Regional Fitness & Swimming Centre	Studio 1	Kate
10.30 - 11.30	Stroke Rehabilitation	Hampton Leisure Centre	Studio	Matt
11.00 - 12.00	Chair Based Yoga	Regional Fitness & Swimming Centre	Studio 1	Kate
11.45 - 12.45	Weight Loss & Hypertension	Hampton Leisure Centre	Studio	Sam
13.15 - 14.15	Chair Based Pilates	Hampton Leisure Centre	Studio	Kate
17.15 - 17.55	Beginners Bootcamp	Hampton Leisure Centre	Sports Hall	Craig

TUESDAY

Time	Class	Venue	Room	Instructor
10.35 - 11.35	Young at Heart Body Conditioning	Regional Fitness & Swimming Centre	Studio 2	Sandra
11.00 - 12.00	Refit Strength & Balance	Hampton Leisure Centre	Studio	Kate
12.15 - 13.15	Cardiac Rehabilitation	Hampton Leisure Centre	Studio	Kate
13.45 - 14.45	Health & Wellbeing Gym Session	Hampton Leisure Centre	Gym	Gym team

WEDNESDAY

Time	Class	Venue	Room	Instructor
09.15 - 10.15	Beginners Yoga	Hampton Leisure Centre	Studio	Kate
10.00 - 12.00	Adapted Cycling	Embankment Athletics Track	Track	Matt
10.45 - 11.45	Chair Based Exercise	Hampton Leisure Centre	Studio	Sam
11.00 - 11.50	Strength & Balance	Regional Fitness & Swimming Centre	Studio 1	Kate
12.00 - 12.50	Heart Failure Rehabilitation	Regional Fitness & Swimming Centre	Studio 1	Kate
12.00 - 13.00	Cardio Circuits	Hampton Leisure Centre	Studio	Craig
17.15 - 17.55	Weight Loss	Hampton Leisure Centre	Sports Hall	Craig
17.30 - 18.30	Adapted Cycling	Embankment Athletics Track	Track	Matt

THURSDAY

Time	Class	Venue	Room	Instructor
10.00 - 11.00	Refit Strength & Balance	Regional Fitness & Swimming Centre	Studio 1	Kate
11.00 - 12.00	Chair Based Pilates	Regional Fitness & Swimming Centre	Studio 1	Kate
11.00 - 12.00	Health & Wellbeing Gym Session	Hampton Leisure Centre	Gym	Sam
12.45 - 13.45	Advanced Strength & Balance	Hampton Leisure Centre	Studio	Kate
13.45 - 14.45	Beginners Pilates	Hampton Leisure Centre	Studio	Kate
19.15 - 20.00	Cardio Pilates for Menopause	Vivacity Premier Fitness	Studio 2	Kate

FRIDAY

Time	Class	Venue	Room	Instructor
10.30 - 11.30	Inclusive Archery	Focus Centre, Dogsthorpe	Hall	Matt
10.45 - 11.45	Adaptive Yoga	Hampton Leisure Centre	Studio	Kate
11.30 - 12.30	Inclusive Archery	Focus Centre, Dogsthorpe	Hall	Matt
11.50 - 12.35	Simply Active	Hampton Leisure Centre	Studio	Craig
12.30 - 13.30	Cancer Rehabilitation	Hampton Leisure Centre	Gym	Kate
13.45 - 14.45	Strength & Balance	Hampton Leisure Centre	Studio	Kate

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.

HEALTH & WELLBEING CLASS TIMETABLE cont...

SATURDAY

Time	Class	Venue	Room	Instructor
13.00 - 14.00	Health & Wellbeing Gym Session	Hampton Leisure Centre	Gym	Gym team

SUNDAY

Time	Class	Venue	Room	Instructor
10.30 - 11.15	Aquanatal	Regional Fitness & Swimming Centre	Main Pool	Sandra
13.00 - 14.00	Gentle Yoga	Hampton Leisure Centre	Studio	Kate