

## Monday

09.30 - 10.30	AA	Aerobics 2
12.00 - 13.00	GP	Line Dancing 2
17.30 - 18.00	FT	Intro Indoor Cycling 1
		(1st Monday of every month)
18.00 - 18.45	CF	Circuit Roulette 2
18.00 - 18.45	AA	Indoor Cycling 1
18.45 - 19.30	AA	Body Conditioning 1
18.45 - 19.30	DP	Pump FX 2
19.45 - 20.30	AA	Fitball 1
19.45 - 20.45	GP	Body Combat 2

## Tuesday

09.15 - 10.15	GP	Pump FX 2
10.15 - 11.15	GP	Yoga 2
17.30 - 18.15	CF	Kettlebells 1
18.00 - 18.45	KR	Legs, Bums & Tums 2
18.15 - 19.00	DP	Indoor Cycling 1
18.45 - 19.30	KR	Yogalates 2
19.30 - 20.30	GP	Body Combat 2
19.30 - 20.15	CF	Box-Fit 1

## Wednesday

09.15 - 10.00	FJ	Legs, Bums & Tums 2
10.00 - 10.45	FJ	Active Body 2
17.30 - 18.15	KC	SAQ (Speed Agility & Quickness)
18.15 - 19.00	AA	Indoor Cycling 1
18.15 - 19.00	DP	Abs Blast 2
19.00 - 19.45	AA	Pump FX 2
19.00 - 19.45	GP	Indoor Cycling 1
20.00 - 21.00	CE	Zumba 2

## Thursday

07.15 - 07.45	CF	Indoor Cycling 1
09.30 - 10.15	CE	Step Tone 2
18.00 - 18.45	GP	Body Combat 2
18.00 - 18.45	DP	Indoor Cycling 1
18.45 - 19.30	GP	Body Combat 2
18.45 - 19.30	DP	Legs, Bums & Tums 1
20.00 - 21.00	GB	Tai Chi 2

## Friday

09.30 - 10.15	AA	Fitball 2
10.30 - 11.15	AA	Relax and Stretch 2
10.30 - 11.30	GP	Body Combat 1
17.30 - 18.15	CH	Cardio Attack 2
		(starts 13th January)
18.15 - 19.15	UA	Pilates 1
18.15 - 19.00	CF	Kettlebells 2

## Saturday

09.00 - 09.45	CF	Indoor Cycling 1
10.00 - 10.45	CF	Kettlebells 2
11.00 - 11.45	NW	Zumba 2

## Sunday

10.00 - 10.45	CE	Indoor Cycling 1
10.00 - 12.00	LE	Walking Club
17.30 - 18.30	AK	Power Hour 2

## Instructor Key

AA - Adele Armstrong	KR - Kelia Rowlands
GP - Gail Pope	AK - Alex Kirk
LE - Linda Elliott	CE - Claire English
FJ - Fiona Jones	GB - Graham Ball
DP - Dave Palmer	UA - Ulrika Almqvist
CF - Carl Fairbrother	NW - Nicola Whitmore
CH - Clare Hibbert	KC - Kevin Cogan

## Key

1 - Spinning Studio    2 - Activity Studio

Customer Information

To avoid disappointment, please pre-book all applicable sessions. Bookings may be made up to 7 days in advance. For cancellations, 24 hours notice must be given for casual bookings. Failure to do so will result in the full charge being applicable.

To avoid cancellation of classes other instructors may be used without prior notice.

Please feel free to speak to an instructor if you have any medical issues that may affect you participating in the class.

## BLIDWORTH COMMUNITY LEISURE CENTRE

Belle Vue Lane

Blidworth NG21 0RD

Tel : 01623 466266

Email : blidworth@nsdc.info

## OPENING HOURS

Monday-Thursday	06.30 - 22.00
Friday	06.30 - 21.00
Saturday	08.00 - 18.00
Sunday	08.00 - 20.00