

**Better, Eldon Leisure Centre: New Class programme - starts 3rd December 2018**

	TIME	ACTIVITY	LEVEL	INSTRUCTOR	LOCATION
Monday	6.45-7.05	Cardio HIIT Calorie Blaster	Everyone	Virtual	Virtual Studio
	7.15-7.40	Cycle - Italian Dolomites	Everyone	Virtual	Cycle Studio
	8.00-8.30	Cardio Kickboxing and Core	Everyone	Virtual	Virtual Studio
	9.00-9.40	Yoga and Flexibility	Beginner	Virtual	Virtual Studio
	12:15-12:45	Circuits	All	Khaled	Studio
	13:00-15:00	Social Dance	All	Tabitha	Main Hall
	13:00-13:30	Group Cycle	All	Enkhe	Cycle Studio
	14.00-14.30	Cardio Basics 1	Beginner	Virtual	Virtual Studio
	14.30-16.30	Your time to choose?		Virtual	Virtual Studio
	17:30-18:15	Boxfit	All	Khaled	Studio
	17:30-18:15	Group Cycle	All	Margarita	Cycle Studio
	18:30-19:15	Group Cycle	All	Margarita	Cycle Studio
18:45-20:00	Yoga	All	Debica	Virtual Studio	
20.15-20.45	Interval Blast 1	Everyone	Virtual	Virtual Studio	
Tuesday	6.45-7.00	Boxing Circuit	Everyone	Virtual	Virtual Studio
	7.30-7.40	10 minute HITT Fate burning Workout	Everyone	Virtual	Virtual Studio
	8.00-8.30	Stretch and Relax	Beginner	Virtual	Virtual Studio
	9.30-9.50	Strength Basics	Beginner	Virtual	Virtual Studio
	10.30-10.55	Zumba Blitz	Everyone	Virtual	Virtual Studio
	11:15-12:00	Leisure Plus	All	Carol	Virtual Studio
	12:15-12:45	Circuits	All	Lisa	Studio
	13:00-13:30	Group Cycle	All	Lisa	Virtual Studio
	14.00-16.30	Your time to choose?		Virtual	VR STUDIO
	17:30-18:15	Power Pump	All	Amanda	Studio
	18:15-19:45	Yoga	All	Debica	Virtual Studio
	20.00-20.30	Retro Aerobics	Everyone	Virtual	Virtual Studio
Wednesday	6.45-7.10	Tabata #1	Everyone	Virtual	Virtual Studio
	7.15-7.45	Yoga for Flexibility	Beginner	Virtual	Virtual Studio
	8.00-8.25	Bodyweight Workout	Everyone	Virtual	Virtual Studio
	9.30-10.00	Cycling 1	Everyone	Virtual	Virtual Studio
	10.30-11.00	Cycle - French Pyrenees	Everyone	Virtual	Virtual Studio
	12:15-12:45	Circuits	All	Amanda	Main Hall
	13:00-13:30	Power Pump	All	Amanda	Virtual Studio
	14.00-16.00	Your time to choose?		Virtual	Virtual Studio
	16.00-16.30	Stretch and Relax	Beginner	Virtual	Virtual Studio
	17:30-18:15	Pilates	All	Moire	Virtual Studio
	18:20-17:05	Pilates	All	Moire	Virtual Studio
	17:30-18:15	Boxfit	All	Amanda	Studio
	18.30-20.00	Your time to choose?		Virtual	Virtual Studio
18:30-18:50	Core Stability	All	Amanda	Studio	
Thursday	6.45-7.20	Cycle - The Climb	Everyone	Virtual	Virtual Studio
	7.30-8.00	Box Pliyo	Everyone	Virtual	Virtual Studio
	9.30-10.15	Aerobics 1	Beginner	Virtual	Virtual Studio
	11.30-13.00	Your time to choose?		Virtual	Virtual Studio
	12:15-12:45	Circuits	All	Amanda	Main Hall
	13:00-13:30	Cycle - Mountain Attack	Intermediate	Virtual	Virtual Studio
	14.00-14.20	Pure Stretch	Everyone	Virtual	Virtual Studio
	14.20-17.00	Your time to choose?		Virtual	Virtual Studio
	17:30-18:15	Power Pump	All	Amanda	Studio
	17.30-18.15	Group Cycle	All	Margarita	Virtual Studio
18:35-19:00	Bodyweight Workout	Everyone	Virtual	Virtual Studio	

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Friday	6.50-7.00	10 minute HITT Fate burning Workout	Everyone	Virtual	Virtual Studio
	7.15-7.50	Insanity Max 30 - Friday Fight	Everyone	Virtual	Virtual Studio
	8.00-8.30	Stretch and Relax	Beginner	Virtual	Virtual Studio
	10.00-10.45	Zumba	Everyone	Clare	Virtual Studio
	11:00-11:45	Zumba Gold	All	Clare	Studio
	12:15-12:45	Circuits	All	Amanda	Studio
	13:00-13:30	Cycle - Kielder Forest	Everyone	Virtual	Virtual Studio
	14.00-14.20	Pure Stretch	Everyone	Virtual	Virtual Studio
	14.30-18.00	Your time to choose?		Virtual	Virtual Studio
	17:30-18:15	Circuits	All	Khaled	Studio
	18.00-18.45	Cycle - Sprint to the Summit	Intermediate	Virtual	Virtual Studio
	TIME	ACTIVITY	LEVEL	INSTRUCTOR	LOCATION
Saturday	9.30-9.50	Cardio HIIT Calorie Blaster	Everyone	Virtual	Virtual Studio
	10:30-11:30	Pilates/Yoga	All	Debbie/Debica	Virtual Studio
	11:00-11:45	Boxfit	All	Amanda	Studio
	11.30-12.15	Group Cycle	All	Enkhe	Cycle Studio
	14.00-14.45	Cycle - Race Across America	Intermediate	Virtual	Virtual Studio
	15.30-16.00	Blast from the past	Everyone	Virtual	Virtual Studio
	16.00-18.00	Your time to choose?		Virtual	Virtual Studio
	TIME	ACTIVITY	LEVEL	INSTRUCTOR	LOCATION
Sunday	9.30-10.00	Stretch and Relax	Beginner	Virtual	Virtual Studio
	10.30-11.30	Cycle - Black Forest	Intermediate	Virtual	Virtual Studio
	12:30-13.00	Cardio Basics 1	Beginner	Virtual	Virtual Studio
	14.00-14.30	Pilates/Yoga Fusion	Beginner	Virtual	Virtual Studio
	15.30-15.55	Core Challenge	Everyone	Virtual	Virtual Studio
	16.00-18.00	Your time to choose?		Virtual	Virtual Studio