**FRIDAY**

|  |  |  |  |
| --- | --- | --- | --- |
| **CLASS** | **TIME** | **LOCATION** | **INSTRUCTOR** |
| Group Cycling | 06.30 – 7.05 | Studio 2 | Lewis/Shaun |
| Les Mills –Body Combat | 09.30 – 10.15 | Studio 1 | Shaun |
| Core Stability | 09.30 – 10.15 | Studio 2 | Becky |
| Mindfulness | 10.30 – 11.15 | Studio 1 | Becky |
| Water Workout | 11.30 – 12.15 | Pool | Becky |
|  |  |  |  |
| Group Cycling | 17.45 – 18.30 | Studio 2 | FI |
| Body Attack | 17.45 – 18.15 | Studio 1 | Karly |
| Body Combat | 18.15 – 18.45 | Studio 1 | Karly |

**SATURDAY**

|  |  |  |  |
| --- | --- | --- | --- |
| **CLASS** | **TIME** | **LOCATION** | **INSTRUCTOR** |
| Group Cycling | 9.30 – 10.15 | Studio 2 | FI |
| Les Mills – Body Attack | 9.30 – 10.15 | Studio 1 | Karly |
| Total Body Conditioning | 10.30 – 11.15 | Studio 1 | FI |

**SUNDAY**

|  |  |  |  |
| --- | --- | --- | --- |
| **CLASS** | **TIME** | **LOCATION** | **INSTRUCTOR** |
| Les Mills – Body Combat | 8.00 – 8.45 | Studio 1 | Felicity |
| Group Cycling | 9.00 – 9.45 | Studio 2 | Jim |
| Les Mills – Body Pump | 9.00 – 9.45 | Studio 1 | FI |

* Members can book in advance online or call 01529 304770.
* Please note 2 hours notice should be given for any cancellations or you may incur a charge.
* ­­­­­­­­­­­­­­Polite Notice: Please ensure you arrive 5 minutes before class to give the best possibility for the class to start on time. Anyone who arrives after the start time will be turned away for health and safety reasons
* We monitor our classes using a traffic light system, if any class drops below 50% occupancy we will review the class and possibly swap it for a class members may want.



**FITNESS CLASS TIMETABLE**

**From 22nd July 2019**

**Better Gym Sleaford**

**MONDAY**

|  |  |  |  |
| --- | --- | --- | --- |
| **CLASS** | **TIME** | **LOCATION** | **INSTRUCTOR** |
| Group Cycling | 6.30 – 7.05 | Studio 2 | Dee |
| Group Cycling | 9.30 – 10.25 | Studio 2 | Shaun |
| Les Mills – Body Pump | 9.30 – 10.25 | Studio 1 | Becky |
| Yoga | 10.30 – 11.15 | Studio 2 | Nancy |
| Aerobics 55+ | 10.30 – 11.15 | Studio 1 | Becky |
| Water Workout | 11.30 – 12.15 | Pool | Dee |
|  |  |  |  |
| Boxfit | 17.30 – 18.10 | Studio 2 | FI |
| Yoga | 17.30 – 18.30 | Studio 1 | Nancy |
| Dance Aerobics | 18.30 – 19.15 | Studio 1 | Susy |
| Core stability | 18.20 – 19.05 | Studio 2 | Dean |
| Aerobics | 19.15 – 20.00 | Studio 1 | Dean |
| Group Cycling | 19.10 – 20.00 | Studio 2 | FI |
| Extreme Interval Fitness | 20.00 – 20.30 | Studio 2 | Chris |

**TUESDAY**

|  |  |  |  |
| --- | --- | --- | --- |
| **CLASS** | **TIME** | **LOCATION** | **INSTRUCTOR** |
| Body Combat | 6.30 – 7.05 | Studio 1 | Shaun |
| Body Attack | 9.15 – 10.00 | Studio 1 | Becky |
| Core Stability | 10.00 – 10.45 | Studio 2 | Lofty |
| Total Body Conditioning | 10.05 – 10.50 | Studio 1 | Becky |
| Pilates | 11.00 – 11.45 | Studio 1 | Gaye |
| Water Workout | 11.00 – 11.45. | Pool | Becky |
|  |  |  |  |
| Extreme Interval Fitness | 17.30 – 18.00 | Studio 1 | Chris C |
| Pilates | 17.30 – 18.15 | Studio 2 | Gaye |
| Les Mills – Body Pump | 18.05 – 18.55 | Studio 1 | Lewis/Shaun |
| Group Cycling | 18.15 – 19.10 | Studio 2 | Chris C |
| Water Workout | 18.15 – 19.00 | Pool | Dee |
| Les Mills –Body Combat | 19.00 – 19.50 | Studio 1 | Felicity |
| Total Body Conditioning | 19.15 – 19.55 | Studio 2 | Dee |
| Mindfulness | 20.00 – 20.30 | Studio 1 | Dee |

**WEDNESDAY**

|  |  |  |  |
| --- | --- | --- | --- |
| **CLASS** | **TIME** | **LOCATION** | **INSTRUCTOR** |
| Group Cycling | 06.30 – 7.05 | Studio 2 | Lewis |
| Extreme Interval Fitness | 9.15 – 09.45 | Studio 1 | Lewis |
| Boxfit | 09.50 – 10.35 | Studio 2 | Lewis |
| Body Attack | 09.50 – 10.35 | Studio 1 | Becky |
| Total Body Conditioning | 10.45 – 11.30 | Studio 1 | Becky |
| Water Workout | 11.45 – 12.30 | Pool | Becky |
| Mindfulness | 11.45 – 12.30 | Studio 2 | Dee |
|  |  |  |  |
| Mindfulness | 17.30 – 18.15 | Studio 2 | Lofty |
| Les Mills –Body Combat | 17.30 – 18.15 | Studio 1 | Shaun |
| Dance Aerobics | 18.20 – 19.05 | Studio 1 | Susy |
| Boxfit | 18.20 – 19.05 | Studio 2 | Dee |
| Group Cycling | 19.10 – 19.55 | Studio 2 | Chris |
| Les Mills –Body Pump | 19.10 – 19.55 | Studio 1 | Karen |
| Extreme Interval Fitness | 20.00 – 20.30 | Studio 2 | Chris |

**THURSDAY**

|  |  |  |  |
| --- | --- | --- | --- |
| **CLASS** | **TIME** | **LOCATION** | **INSTRUCTOR** |
| Extreme Interval Fitness | 06.30 – 7.05 | Studio 1 | Lewis/Shaun |
| Step | 09.30 – 10.15 | Studio 1 | Becky |
| Group Cycling | 09.30 – 10.25 | Studio 2 | FI |
| Mindfulness | 10.30 – 11.15 | Studio 2 | Lofty |
| Dance Aerobics | 10.30 – 11.15 | Studio 1 | Becky |
| Water Workout | 11.30 – 12.15 | Pool | Becky |
|  |  |  |  |
| Extreme Interval Fitness | 17.30 – 18.00 | Studio 1 | Chris |
| Group Cycling | 18.05 – 18.55 | Studio 2 | FI |
| Aerobics | 18.05 – 18.55 | Studio 1 | Dean |
| Dance Aerobics | 19.00 – 19.45 | Studio 1 | Becky |
| Water Workout | 19.00 – 19.45 | Pool | Dee |
| Core Stability | 19.00 – 19.45 | Studio 2 | Dean |