

Leisure Club Timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning		Yoga with Karen @9.30am (1 hour)	Low Impact Aerobics* @9.15am		Low Impact Aerobics* @9.15am		
10am - 10.45am	Aqua Aerobics*	Step Aerobics*	Aqua Aerobics*	Shape and Tone*	Aqua Aerobics*	Yoga with Karen (1 hour)	
11am - 11.45am	Pilates*		Stretch & Flexibility*	Chair Yoga with Donna* (1 hour)	Pilates*		
Lunch Time	Stretch* @1.30pm				Stretch* @1.30pm	Body Sculpt* @2pm	
Evening	Gym Introduction 16yr - 19yr @4.30pm		Strength and Conditioning 16yr -		Step Aerobics* @5.15pm		
6.15pm - 7pm	Circuits*	Yoga with Karen @6.30pm (1 hour)		Pilates* (from Oct)	Shape and Tone*		
6.45pm - 7pm		AB Blast*					
7pm - 7.45pm	Aqua Aerobics*		Aqua Aerobics*		Aqua Aerobics*		
7.15pm - 8pm		Circuits*		Hyrox Train* (1 hour)			

Booking is essential. Call us on 0871532796 to book your place or on Legitfit App

*** Free for members**

Lessons and Bookings

Lesson / Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Childrens Lessons		3.30pm - 6pm		3.30pm - 6pm		10am - 1pm	
Adult Lessons			11.30am				
Ice Bath Bookings*							All Day

* Free for members