

Fitness Classes Timetable

WEEK BEGINNING: 17/01/2022

Booking is advised for all classes this can be done via our fantastic FitSense app
Or contact us direct on 01978 821600



Please bring your own drink to classes & also your own mat if preferred. New attendees should arrive 5 –10 mins early so the instructor can explain how the class will be structured.

				Class Type	
MON	9.30-10.00 METAFIT (Aerobics Studio)				
	18.00-18.45 LBT (Aerobics Studio)				
	19.00-19.45 CIRCUITS (Sports Hall)				
TUES	9.30 –10.15 AQUA AEROBICS (Pool)				Water
	9.30-10.15 PUMP (Aerobics Studio)				T3 Fitness Classes
	10.45-11.30 ZUMBA (Aerobics Studio)				Dance
	17.45-18.30 SPIN (Aerobics Studio)				High Calorie Burner
	18.45-19.45 YOGA (Aqua Lounge)				Relax & Unwind
	19.00-19.45 AQUA AEROBICS (Pool)				Water
	18.45-19.30 KETTLEBELLS (Aerobics Studio)				
WED	9.30-10.00 METAPWR (Aerobics Studio)				
	18.00–18.45 HATTON BOXING ((Aerobics Studio)				
	18.15-19.00 ZUMBA (Aerobics Studio)				Dance
	19.15-20.00 T15 (Aerobics Studio)				
THUR	9.30-10.00 METAFIT (Aerobics Studio)				
	11.30-12.15 AQUA AEROBICS (Pool)				Water
	18.00-19.00 PILATES (Aqua Lounge)				Relax & Unwind
	19.15-20.00 PUMP (Aerobics Studio)				T3 Fitness Classes
	19.15-20.00 AQUA AEROBICS (Pool)				Water
	FRI	09.30-10.15 PUMP (Aerobics Studio)			
10.30-11.15 ZUMBA (Aerobics Studio)					Dance
17.45-18.30 SPIN (Aerobics Studio)					High Calorie Burner
19.00-19.45 CLUBBERCISE (Aerobics Studio)					Dance
SUN		09.45-10.30 ZUMBA (Aerobics Studio)			
	11.00-11.45 CIRCUITS (Aerobics Studio)				

Pay as you go or Classes only Memberships available

PLAS MADOC
Leisure Centre