



3<sup>rd</sup> May 2022

# Kingsway Leisure Centre

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:05 – 07:35	Synergy circuits Gym Floor	Power Studio 1	Synergy circuits Gym Floor				
09:15 – 10:00	Aqua Pool		Aqua Pool		Aqua Pool	Circuits Gymnasium	
09:30 – 10:15	Clubbercise Studio 1	Power Studio 1	Circuits Gymnasium	Active Cycle Studio 1	Active Pads & Bikes Studio 1		
10:30 – 11:15	Mobility & Stretch Studio 1	Gentle Aerobics Studio 1	Gentle Pilates Studio 1	Gentle Circuits Studio 1	Abs' & Stretch Studio 1		Abs' & Stretch Studio 1
17:45 – 18:15	Active Cycle Studio 1	Active Cycle Studio 1		Active Cycle Studio 1			
18:30 – 19:15	Power Studio 1	Circuits Studio 1	LBT Studio 1	Power Studio 1			
19:15 – 20:00				Aqua Pool			
19:15 – 20:15	Yoga Studio 1	Zumba step Gymnasium		Yoga Studio 1			
19:30 – 20:30			Zumba Gymnasium				

KEY

- Strength & Toning
- Cardio / High intensity
- Dance
- Gentle / low impact
- Pool



3<sup>rd</sup> May 2022

# Brookvale Recreation Centre

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:15 – 10:00						Boot camp Sportshall	Active Cycle Gymnasium
17:45– 18:15	Active Cycle Gymnasium	Active Cycle Gymnasium	Active Cycle Gymnasium	HIIT Sportshall	Abs Blast Gymnasium		
18:30 – 19:15	Circuits Gymnasium	Yoga Gymnasium	POWER Gymnasium	Yoga Gymnasium	Active Cycle Gymnasium		
19:15 – 20:00							
19:30 – 20:15	Aqua Pool	LBT Gymnasium		Aqua Pool			

KEY
• Strength & Toning
• Cardio / High intensity
• Dance
• Gentle / low impact
• Pool