

Key: ■ High Intensity Interval Training ■ Aerobic ■ Strength & Endurance ■ Mind & Body ■ Aqua 50+ Classes tailored to older adults J Junior classes (12-16 years)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06.30 07.00 <b>LES MILLS GRIT Cardio</b> Studio 1	06.30 07.25 <b>Stages Flight</b> Indoor Cycling Studio	06.30 07.00 <b>LES MILLS GRIT Strength</b> Studio 1	07.00 07.55 <b>Stages Flight</b> Indoor Cycling Studio	06.30 07.00 <b>LES MILLS GRIT Cardio</b> Studio 1	07.30 08.00 <b>LES MILLS GRIT Strength</b> Studio 1	08.00 08.55 <b>Stages Flight</b> Indoor Cycling Studio
07.00 07.30 <b>LES MILLS GRIT Strength</b> Studio 1	08.00 08.55 <b>Yoga</b> Studio 2	07.00 07.30 <b>LES MILLS GRIT Cardio</b> Studio 1	09.00 09.25 <b>Bums, Legs &amp; Tums</b> Studio 2	07.00 07.30 <b>LES MILLS GRIT Strength</b> Studio 1	07.15 08.30 <b>Yoga</b> Studio 2	08.00 08.55 <b>Body Conditioning</b> Studio 1
08.30 09.10 <b>FTP</b> Stages Flight Studio	09.00 09.25 <b>Absolute Abs</b> Studio 2	09.00 09.25 <b>Bums, Legs &amp; Tums</b> Studio 2	09.30 10.25 <b>Stages Flight</b> Indoor Cycling Studio	08.00 08.55 <b>Yoga</b> Studio 2	08.00 08.30 <b>LES MILLS GRIT Cardio</b> Studio 2	09.00 09.25 <b>Absolute Abs</b> Studio 2
09.00 09.25 <b>Absolute Abs</b> Studio 2	09.30 10.25 <b>Stages Flight</b> Indoor Cycling Studio	09.30 10.25 <b>Stages Flight</b> Indoor Cycling Studio	09.30 10.25 <b>Yoga</b> Studio 2	09.00 09.25 <b>Absolute Abs</b> Studio 2	08.30 09.25 <b>Pilates</b> Studio 2	09.30 10.25 <b>Stages Flight</b> Indoor Cycling Studio
09.30 10.25 <b>Stages Flight</b> Indoor Cycling Studio	09.30 10.25 <b>Aerobics</b> Studio 1	09.30 10.25 <b>HIIT</b> Studio 1	09.30 10.25 <b>Step</b> Studio 1	09.30 10.25 <b>Box Circuit</b> Studio 2	08.15 09.10 <b>Stages Flight</b> Indoor Cycling Studio	09.30 10.25 <b>Bums, Legs &amp; Tums</b> Studio 1
09.30 10.25 <b>Box Circuit</b> Studio 2	09.35 10.30 <b>HIIT</b> Studio 2	09.30 10.25 <b>Pilates On The Ball</b> Studio 2	10.30 11.25 <b>20:20:20</b> Studio 1	09.30 10.25 <b>Stages Flight</b> Indoor Cycling Studio	09.30 10.25 <b>Pilates</b> Studio 2	09.30 10.45 <b>Yoga</b> Studio 2
09.30 10.25 <b>Body Blast</b> Studio 1	10.30 11.25 <b>Bums, Legs &amp; Tums</b> Studio 1	10.40 11.35 <b>Stages Flight</b> Indoor Cycling Studio	10.30 11.25 <b>Stretch &amp; Tone</b> Studio 2	09.30 10.25 <b>Body Conditioning</b> Studio 1	09.30 10.25 <b>Stages Flight</b> Indoor Cycling Studio	10.45 11.40 <b>Yoga</b> Studio 2
10.30 11.25 <b>Circuits</b> Studio 1	10.30 11.25 <b>Kettlecise®</b> Studio 2	10.30 11.25 <b>Bums, Legs &amp; Tums</b> Studio 1	10.40 11.35 <b>Stages Flight</b> Indoor Cycling Studio	10.30 11.25 <b>Core Fitness</b> Studio 1	09.30 10.25 <b>Dance Aerobics</b> Studio 1	
10.40 11.35 <b>Stages Flight</b> Indoor Cycling Studio	10.40 11.35 <b>Stages Flight</b> Indoor Cycling Studio	10.30 11.30 <b>Keep Fit</b> Studio 2 <span style="background-color: yellow; border: 1px solid black; padding: 0 2px;">50+</span>	11.30 12.25 <b>Pilates</b> Studio 2	10.30 11.25 <b>Yoga</b> Studio 2	10.30 11.25 <b>Yoga</b> Studio 2	
10.30 11.25 <b>Pilates</b> Studio 2	11.30 12.25 <b>Pilates</b> Studio 2	11.30 12.25 <b>Yoga</b> Studio 2	11.35 12.20 <b>Aqua Aerobics</b> Boom Pool	10.40 11.35 <b>Stages Flight</b> Indoor Cycling Studio	10.30 11.25 <b>Body Conditioning</b> Studio 1	
11.30 12.25 <b>Relaxion/Meditation</b> Studio 2	12.30 13.25 <b>Pilates</b> Studio 2	11.30 12.25 <b>Aqua Aerobics</b> Boom Pool	13.30 14.25 <b>Tai Chi</b> Studio 2 <span style="background-color: yellow; border: 1px solid black; padding: 0 2px;">50+</span>	11.40 12.35 <b>Stretch / Pilates</b> Studio 2	10.40 11.35 <b>Stages Flight</b> Indoor Cycling Studio	
11.40 12.25 <b>Aqua Aerobics</b> Boom Pool	17.00 17.55 <b>Junior Indoor Football</b> Sports Hall <span style="background-color: blue; color: white; padding: 0 2px;">J</span>	12.00 14.00 <b>Badminton</b> Sports Hall <span style="background-color: yellow; border: 1px solid black; padding: 0 2px;">50+</span>	14.00 15.00 <b>Walking Football</b> Astro <span style="background-color: yellow; border: 1px solid black; padding: 0 2px;">50+</span>	11.30 12.25 <b>Aqua Aerobics</b> Boom Pool		
12.30 13.30 <b>Pilates</b> Studio 2	18.00 18.55 <b>Kettlecise®</b> Studio 1	12.30 13.25 <b>Relaxion/Meditation</b> Studio 2	16.00 16.30 <b>FTP</b> Indoor Cycling Studio <span style="background-color: blue; color: white; padding: 0 2px;">J</span>	12.00 12.45 <b>Stages Flight</b> Indoor Cycling Studio		
13.30 14.30 <b>Keep Fit</b> Studio 2 <span style="background-color: yellow; border: 1px solid black; padding: 0 2px;">50+</span>	18.00 19.00 <b>Stages Flight</b> Indoor Cycling Studio	18.00 18.55 <b>Stages Flight</b> Indoor Cycling Studio	16.30 17.15 <b>Stages Flight</b> Indoor Cycling Studio <span style="background-color: blue; color: white; padding: 0 2px;">J</span>	12.50 13.45 <b>Pilates</b> Studio 2		
17.00 17.55 <b>Junior Boxercise®</b> Studio 1 <span style="background-color: blue; color: white; padding: 0 2px;">J</span>	18.05 19.00 <b>Aqua Aerobics</b> Boom Pool	18.00 18.55 <b>Step</b> Studio 1	17.30 17.55 <b>FTP</b> Indoor Cycling Studio	16.30 17.25 <b>Junior Football</b> Astro <span style="background-color: blue; color: white; padding: 0 2px;">J</span>		
18.00 18.55 <b>Stages Flight</b> Indoor Cycling Studio	19.00 19.55 <b>Box Circuit</b> Studio 1	19.00 19.55 <b>Body Conditioning</b> Studio 1	18.00 18.55 <b>Stages Flight</b> Indoor Cycling Studio	18.00 18.55 <b>Box Circuit</b> Studio 1		
18.00 18.55 <b>Box Circuit</b> Studio 1	19.00 19.55 <b>Yoga</b> Studio 2	19.00 19.55 <b>HIIT</b> Studio 2	18.00 18.55 <b>Pilates</b> Studio 2	18.15 19.10 <b>Stages Flight</b> Indoor Cycling Studio		
19.10 20.05 <b>Stages Flight</b> Indoor Cycling Studio	19.10 20.05 <b>Stages Flight</b> Indoor Cycling Studio		18.00 18.55 <b>Kettlecise®</b> Studio 1			
19.00 19.55 <b>Total NRG</b> Studio 1	20.00 21.15 <b>Yoga</b> Studio 2		19.00 19.55 <b>HIIT</b> Studio 1			
19.55 20.40 <b>Deep Water Aqua Aerobics</b> Boom Pool			19.10 18.05 <b>Stages Flight</b> Indoor Cycling Studio			
			20.15 21.30 <b>Yoga</b> Studio 2			

Please advise your instructor if you are **new to group exercise** or of any **medical conditions** that may affect your ability to exercise.

Please ensure you provide at least **48 hours** notice if you are unable to attend a class. Failure to do so may result in charges.

Members can book **7 days in advance**, either online or by contacting reception.

Non-members may book 2 days in advance.

Classes correct at time of print.  
Please visit [www.furzefieldleisurecentre.co.uk](http://www.furzefieldleisurecentre.co.uk) for the most up-to-date information on our range of classes.