



GROUP EXERCISE TIMETABLE

| Day | Time | Session | Facility | Price |
|-----------|---------------|-------------------------------|---------------|---------------------|
| Monday | 18:15 - 19:00 | Circuits | Sports Hall | £6.00 (HH) or £7.00 |
| | 18:15 - 19:00 | Body Balance | Function Room | £6.00 (HH) or £7.00 |
| | 19:15 - 20:00 | Zumba | Sports Hall | £6.00 (HH) or £7.00 |
| | 19:15 - 20:00 | Boxercise | Function Room | £6.00 (HH) or £7.00 |
| | 20:30 - 22:00 | No Strings Badminton* | Sports Hall | £5.00 (HH) or £5.50 |
| Tuesday | 09:30 - 09:55 | Core Crunch | Function Room | £3.50 (HH) or £4.00 |
| | 10:00 - 10:25 | Kettlebell Blast | Function Room | £3.50 (HH) or £4.00 |
| | 12:30 - 13:30 | Silver Circuits | Sports Hall | £5.00 (HH) or £5.50 |
| | 18:30 - 18:55 | Ab Attack | The Gym | Gym Members Only |
| | 19:00 - 19:25 | Kettlebell Blast | Function Room | £3.50 (HH) or £4.00 |
| | 19:30 - 19:55 | Ab Attack | Function Room | £3.50 (HH) or £4.00 |
| | 20:00 - 20:45 | Functional Fitness | Function Room | £6.00 (HH) or £7.00 |
| Wednesday | 09:30 - 10:15 | Body Conditioning | Function Room | £6.00 (HH) or £7.00 |
| | 10:30 - 11:15 | Aerobics | Function Room | £6.00 (HH) or £7.00 |
| | 11:00 - 12:30 | No Strings Badminton* | Sports Hall | £5.00 (HH) or £5.50 |
| | 14:00 - 15:30 | Afternoon Club - Table Tennis | Games Room | £4.20 (HH) or £4.50 |
| | 14:30 - 16:00 | Afternoon Club - Badminton | Sports Hall | £4.20 (HH) or £4.50 |
| | 19:15 - 20:00 | Bootcamp | Outside | £6.00 (HH) or £7.00 |
| | 20:00 - 20:45 | Body Balance | Games Room | £6.00 (HH) or £7.00 |
| Thursday | 09:30 - 10:15 | Tai Chi | Function Room | £6.00 (HH) or £7.00 |
| | 10:00 - 10:25 | Legs, Bums & Tums | Sports Hall | £3.50 (HH) or £4.00 |
| | 10:30 - 11:15 | Zumba Gold | Sports Hall | £6.00 (HH) or £7.00 |
| | 12:30 - 13:30 | Silver Circuits | Sports Hall | £5.00 (HH) or £5.50 |
| | 14:00 - 15:30 | Afternoon Club - Table Tennis | Games Room | £4.20 (HH) or £4.50 |
| | 14:30 - 16:00 | Afternoon Club - Badminton | Sports Hall | £4.20 (HH) or £4.50 |
| | 18:15 - 19:00 | Combat Tone | Function Room | £6.00 (HH) or £7.00 |
| | 19:15 - 20:00 | Power Hour | Games Room | £6.00 (HH) or £7.00 |
| Friday | 09:30 - 10:15 | Body Balance | Function Room | £6.00 (HH) or £7.00 |
| | 19:30 - 21:00 | No Strings Badminton* | Sports Hall | £5.00 (HH) or £5.50 |
| Sunday | 09:00 - 09:45 | Bootcamp | Outside | £6.00 (HH) or £7.00 |

Session Information:

- Bookings for all sessions open from the day before at 10am.
- Where possible all bookings should be made via telephone: **0118 9216969**.
- The number of people that can attend each session is limited.
- Please try to remain socially distant from others before, during and after sessions and please do not attend any of our sessions if you are feeling unwell.



W: www.woodley.gov.uk E: sports@woodley.gov.uk T: 0118 9216969

All sessions shown on the Group Exercise Timetable are free of charge for active members of The Gym on the Park, unless marked with an asterisk ().*