

GROUP EXERCISE TIMETABLE

All sessions on the group exercise timetable are free to attend for members of The Gym on the Park!

Day	Time	Session	Facility	Non Member Price
Monday	18.00 - 18.45	Body Balance	Function Room	£6.00 (HH) or £7.00
	18.15 - 19.00	Circuits	Sports Hall	£6.00 (HH) or £7.00
	19.15 - 20.00	Zumba	Sports Hall	£6.00 (HH) or £7.00
	19.00 - 20.00	Just Play Football	3G Pitch	£5.00
	19.15 - 20.00	Boxercise	Function Room	£6.00 (HH) or £7.00
Tuesday	06.30 - 08.00	Early Birds Gym	GYM	Gym members only
	09.00 - 09.30	Kettlebell Blast	GYM	Gym members only
	09.30 - 10.00	Kettlebell Blast	GYM	Gym members only
	09.30 - 10.30	Tai Chi	Games Room	£5.20 (HH) or £6.20
	10.15 - 10.45	Circuits	GYM	Gym members only
	12.45 - 14.00	Silver Circuits	Sports Hall	£4.00 (HH) or £4.20
	18.00 - 18.45	Body Balance	Studio	£6.00 (HH) or £7.00
	18.30 - 18.55	Ab Attack	GYM	Gym members only
	19.00 - 19.25	Ab Attack	GYM	Gym members only
	19.30 - 20.00	Suspension Training	GYM	Gym members only
	20.15 - 21.00	HIIT	Function Room	£6.00 (HH) or £7.00
Wednesday	12.45 - 14.00	Silver Circuits	Sports Hall	£4.00 (HH) or £4.20
	14.30 - 16.00	Afternoon Club	Sports Hall	£3.60 (HH) or £3.90
	18.30 - 19.30	Body Balance	Studio	£6.00 (HH) or £7.00
	19.15 - 20.00	Boot Camp	Outside	£6.00 (HH) or £7.00
Thursday	10.00 - 10.30	Legs, Bums and Tums	Sports Hall	£3.50 (HH) or £4.00
	10.30 - 11.15	Zumba Gold	Sports Hall	£5.50 (HH) or £6.00
	12.45 - 14.00	Silver Circuits	Sports Hall	£4.00 (HH) or £4.20
	14.30 - 16.00	Afternoon Club	Sports Hall	£3.60 (HH) or £3.90
	18.30 - 19.30	Legs, Bums and Tums	Games Room	£6.00 (HH) or £7.00
	19.00 - 19.25	Kettlebell Blast	GYM	Gym members only
	19.30 - 20.00	Core Crunch	GYM	Gym members only
	19.30 - 20.30	Stretch and Tone	Games Room	£6.00 (HH) or £7.00
Friday	06.30 - 08.00	Fuel Fitness Friday!	GYM	Gym members only
Sunday	09.00 - 09.45	Boot Camp	3G Pitch	£6.00 (HH) or £7.00
	19.00 - 20.00	Just Play Football	3G Pitch	£5.00

All Classes and times are correct at the time of printing. HH turn up price only available for Healthy Habits members. Timetable subject to change based on instructor availability, class demand and member suggestions. Maximum class limits apply. All classes operate on a first come, first served basis. Please contact us for further information on our classes or visit our website.