

GROUP EXERCISE TIMETABLE - W/C 17/08/20

| Day | Time | Session | Instructor | Facility |
|------------------|---------------|-----------------------|--------------|-------------------------|
| Monday | 18.15 - 19.00 | Body Balance | Emma T | Sports Hall (Inside) |
| | 18.15 - 19.00 | Circuits | Belinda | The Gym in the Car Park |
| | 19.15 - 20.00 | Zumba | Alice | Sports Hall (Inside) |
| | 19.15 - 20.00 | Ring Fit (Boxercise) | Matt | The Gym in the Car Park |
| Tuesday | 09.15 - 09.40 | Kettlebell Blast | Matt | The Gym in the Car Park |
| | 09.30 - 10.15 | Tai Chi | Angela | The Gym in the Car Park |
| | 09.45 - 10.10 | Kettlebell Blast | Matt | The Gym in the Car Park |
| | 12.30 - 13.15 | Silver Circuits | Matt | The Gym in the Car Park |
| | 18.30 - 19.15 | Legs, Bums & Tums | Belinda | The Gym in the Car Park |
| | 19.30 - 20.00 | Circuits | Belinda | The Gym in the Car Park |
| | 20.15 - 21.00 | HIIT | Belinda | The Gym in the Car Park |
| Wednesday | 09.30 - 10.15 | Body Conditioning | Clare | The Gym in the Car Park |
| | 10.30 - 11.15 | Aerobics | Clare | The Gym in the Car Park |
| | 11.30 - 12.30 | No Strings Badminton* | Chris | Sports Hall (Inside) |
| | 14.30 - 16.00 | 50+ Badminton | Matt | Sports Hall (Inside) |
| | 18.45 - 19.30 | Body Balance | Katie | Sports Hall (Inside) |
| | 19.15 - 20.00 | Boot Camp | Matt | The Gym in the Car Park |
| Thursday | 09.45 - 10.15 | Legs, Bums & Tums | Emma R | Sports Hall (Inside) |
| | 10.30 - 11.15 | Zumba Gold | Emma R | Sports Hall (Inside) |
| | 12.30 - 13.15 | Silver Circuits | Julie / Matt | The Gym in the Car Park |
| | 18.45 - 19.30 | Legs, Bums & Tums | Jenny | The Gym in the Car Park |
| | 19.45 - 20.30 | Stretch & Tone | Ania | The Gym in the Car Park |
| Sunday | 09.00 - 09.45 | Boot Camp | Matt | The Gym in the Car Park |

Returning!

*Please be aware that No Strings Badminton is £5.00 (HH) or £5.50 per session. All other timetabled sessions are free for gym members.

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

Session Information:

- Bookings for sessions open from the day before at 10am. For example, if you wish to book a session at 7pm on Wednesday you will be able to book this from 10am the day before.
- Where possible all bookings should be made via telephone: **0118 9216969**.
- The number of members that can attend each session is limited.
- Some sessions will make use of equipment. All equipment planned for use will be cleaned before and after use and will not be swapped between attendees.
- When arriving to a booked session please wait outside of the facility planned for use. A member of staff will greet you and guide you through to the exercise area.
- Please ensure that you arrive promptly to your booked session. Attendees who arrive late may be refused entry to the facility.

Please do not attend any of our sessions if you are showing any symptoms of Coronavirus or have been in close contact with anyone that has (please visit the NHS website for more information if you are unsure).



Please be mindful of social distancing at all times.

