

## GROUP EXERCISE TIMETABLE - DECEMBER

Day	Time	Session	Instructor	Facility
<b>Monday</b>	18.15 - 19.00	Body Balance	Emma T	Function Room
	18.15 - 19.00	Circuits	Belinda	Sports Hall
	19.15 - 20.00	Ring Fit (Boxercise)	Matt	Sports Hall
	19.15 - 20.00	Zumba	Alice	Sports Hall
<b>Tuesday</b>	09.15 - 09.40	Kettlebell Blast	Matt	Tennis Court (Outside)
	09.30 - 10.15	Tai Chi	Angela	Function Room
	09.45 - 10.10	Kettlebell Blast	Matt	Tennis Court (Outside)
	12.30 - 13.15	Silver Circuits	Matt	Sports Hall
	19.00 - 19.25	Core Crunch	Belinda	The Gym on the Park
	19.30 - 19.55	Core Crunch	Belinda	The Gym on the Park
	20.15 - 21.00	Legs, Bums & Tums	Belinda	Function Room
<b>Wednesday</b>	09.30 - 10.15	Body Conditioning	Clare	Function Room
	10.30 - 11.15	Aerobics	Clare	Function Room
	19.15 - 20.00	Boot Camp	Matt	Tennis Court (Outside)
<b>Thursday</b>	09.45 - 10.15	Legs, Bums & Tums	Emma R	Sports Hall
	10.30 - 11.15	Zumba Gold	Emma R	Sports Hall
	12.30 - 13.15	Silver Circuits	Matt	Sports Hall
	18.45 - 19.30	Legs, Bums & Tums	Jenny	Function Room
	19.45 - 20.30	Stretch & Tone	Ania	Function Room
<b>Friday</b>	09.45 - 10.30	Body Balance (Flex)	Katie	Function Room
	10.45 - 11.30	Combat Tone – <b>New!</b>	Emma T	Function Room
	11.45 - 12.30	Body Balance (Strong) – <b>New!</b>	Emma T	Function Room
<b>Sunday</b>	09.00 - 09.45	Boot Camp	Matt	3G Pitch (Outside)

**W: [www.woodley.gov.uk](http://www.woodley.gov.uk) E: [sports@woodley.gov.uk](mailto: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.
- 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 remember to remain socially distant from others before, during and after your exercise class.

**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.**

