

GROUP EXERCISE TIMETABLE - APRIL 2021

Day	Time	Session	Instructor	Facility
Monday	18:15 - 18:40	Circuits	Belinda	Outside / Patio
	18:45 - 19:10	Circuits	Belinda	Outside / Patio
	19:15 - 19:40	Ring Fit	Matt	Outside / Patio
	19:45 - 20:10	Ring Fit	Matt	Outside / Patio
Tuesday	09:15 - 09:40	Core Crunch	Matt	Outside / Patio
	09:45 - 10:10	Kettlebell Blast	Matt	Outside / Patio
	10:15 - 10:40	Kettlebell Blast	Matt	Outside / Patio
	18:15 - 18:40	LBT	Belinda	Outside / Patio
	18:45 - 19:10	LBT	Belinda	Outside / Patio
	19:15 - 19:40	Core Crunch	Belinda	Outside / Patio
Wednesday	09:15 - 09:40	Aerobics	Clare	Outside / Patio
	09:45 - 10:10	Body Conditioning	Clare	Outside / Patio
	10:15 - 10:40	Body Conditioning	Clare	Outside / Patio
	18:15 - 18:40	Metabolic Attack	Matt	Outside / Patio
	18:45 - 19:10	Metabolic Attack	Matt	Outside / Patio
Thursday	18:15 - 18:40	LBT	Emma	Outside / Patio
	18:45 - 19:10	LBT	Emma	Outside / Patio
	19:15 - 19:40	Stretch and Tone	Ania	Outside / Patio
	19:45 - 20:10	Stretch and Tone	Ania	Outside / Patio
Friday	09:15 - 09:40	LBT	Katie	Outside / Patio
	09:45 - 10:10	Core Crunch	Katie	Outside / Patio
	10:15 - 10:40	Combat Tone	Emma	Outside / Patio
	10:45 - 11:10	Combat Tone	Emma	Outside / Patio

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

Session Information:

- All sessions will take place outside so please dress appropriately. Classes may be cancelled as a result of poor weather but we will endeavour to call all those who have booked on.
- 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.
- 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.

