



## GROUP EXERCISE TIMETABLE



**Monday 17<sup>th</sup> May - Sunday 20<sup>th</sup> June 2021**

| 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 | Ring Fit                      | Outside / Patio | £6.00 (HH) or £7.00 |
| Tuesday   | 09:30 - 09:55 | Core Crunch                   | Outside / Patio | Gym Members Only    |
|           | 10:00 - 10:25 | Kettlebell Blast              | Outside / Patio | Gym Members Only    |
|           | 12:30 - 13:30 | Silver Circuits               | Sports Hall     | £4.20 (HH) or £4.50 |
|           | 18:30 - 18:55 | Ab Attack                     | Outside / Patio | Gym Members Only    |
|           | 19:00 - 19:25 | Legs, Bums & Tums             | Outside / Patio | Gym Members Only    |
|           | 19:30 - 19:55 | Ab Attack                     | Outside / Patio | Gym Members Only    |
|           | 20:15 - 21:00 | Legs, Bums & Tums             | 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                      | Outside / Patio | £6.00 (HH) or £7.00 |
|           | 11:30 - 12:30 | No Strings Badminton*         | Sports Hall     | £5.00 (HH) or £5.50 |
|           | 14:00 - 15:30 | Afternoon Club - Table Tennis | Games Room      | £3.70 (HH) or £4.00 |
|           | 14:30 - 16:00 | Afternoon Club - Badminton    | Sports Hall     | £3.70 (HH) or £4.00 |
|           | 19:15 - 20:00 | Bootcamp                      | Outside / Patio | £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   | £5.20 (HH) or £6.20 |
|           | 10:00 - 10:25 | LBT                           | Sports Hall     | £3.50 (HH) or £4.00 |
|           | 10:30 - 11:15 | Zumba Gold                    | Sports Hall     | £6.00 (HH) or £6.50 |
|           | 13:00 - 14:00 | Silver Circuits               | Sports Hall     | £4.20 (HH) or £4.50 |
|           | 14:30 - 16:00 | Afternoon Club - Badminton    | Sports Hall     | £3.70 (HH) or £4.00 |
|           | 18:15 - 19:00 | Combat Tone                   | Function Room   | £6.00 (HH) or £7.00 |
|           | 19:15 - 20:00 | Stretch and Tone              | Function Room   | £6.00 (HH) or £7.00 |
| Friday    | 09:30 - 10:15 | Body Balance                  | Function Room   | £6.00 (HH) or £7.00 |
|           | 19:30 - 20:30 | No Strings Badminton*         | Sports Hall     | £5.00 (HH) or £5.50 |
| Sunday    | 09:00 - 09:45 | Bootcamp                      | Outside / Patio | £6.00 (HH) or £7.00 |
|           | 18:30 - 19:30 | Just Play - Football          | 3G Pitch        | £4.50 (HH) or £5.00 |

### 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 remember 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](http://www.woodley.gov.uk) E: [sports@woodley.gov.uk](mailto: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 (\*).*